

Over 15
Recipes!

Hamilton Beach.

Flatbread MealMaker Express

*Perfect Pita, Tortilla
& Flatbread Meals...
Simple & Fresh™*

Hamilton Beach • Proctor-Silex, Inc.

Washington, North Carolina 27889

Web Site Address: www.hamiltonbeach.com



Flatbread Maker Safety

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against risk of electrical shock, do not immerse appliance, cord or plug in water or other liquid.
4. Close supervision is necessary when this appliance is used near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Call our toll-free customer service number for information on examination, electrical repair, mechanical repair, or adjustment.
7. The use of accessory attachments not recommended by Hamilton Beach/Proctor-Silex, Inc. may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces, including stove.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. To disconnect, turn all controls to "OFF," then remove plug from wall outlet.
13. Do not use appliance for other than intended purpose.

SAVE THESE INSTRUCTIONS!

CONSUMER SAFETY INFORMATION

This appliance is intended for household use only.

This appliance is equipped with a grounded-type 3-wire cord (3-prong plug). This plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit, contact an electrician to replace the obsolete outlet. Do not attempt to defeat the safety purpose of the grounding pin, part of the 3-prong plug.

To reduce risk of electrical shock, do not immerse the flatbread maker in water.

To avoid an electrical circuit overload do not use another high wattage appliance on the same circuit with the flatbread maker.

This appliance has a short cord to reduce the hazards of becoming entangled or tripping over a longer cord. An extension cord may be used if the electrical rating of the extension cord is equal to or greater than the rating of the flatbread maker. Use only an extension cord rated 10 amperes or greater. Care must be taken to arrange the extension cord so that it will not drape over the countertop or table top where it can be pulled on by children or tripped over.

Always use hot mitts to protect hands when opening the flatbread maker.

CAUTION: Escaping steam may cause burns.

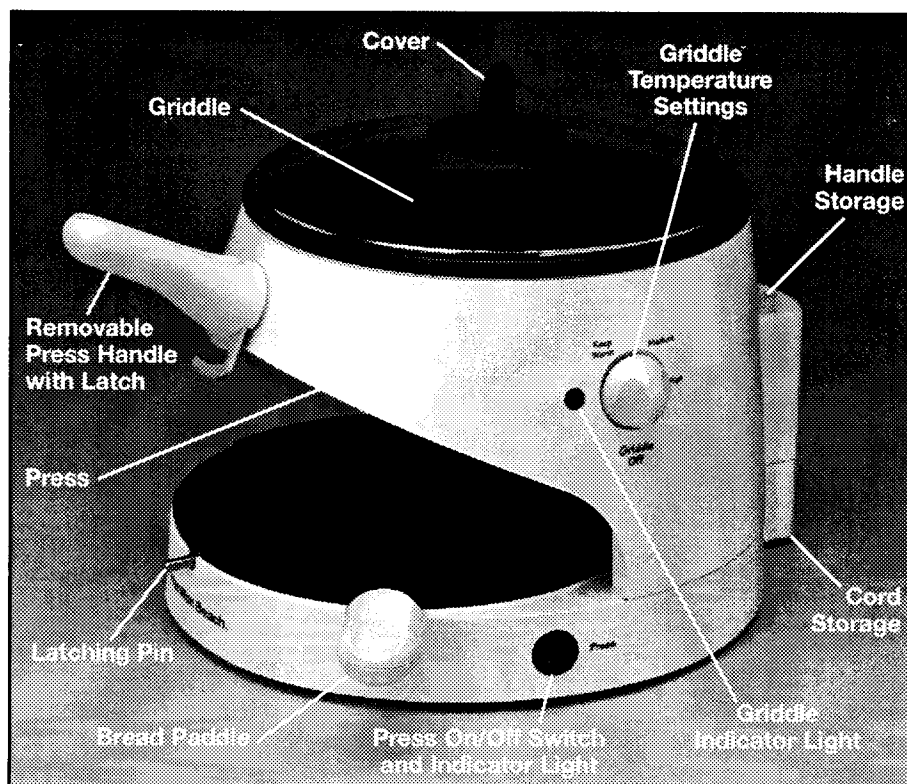
WARNING: To reduce risk of personal injury, allow unit to cool before lifting or moving. Do not lift or move while in operation.

2 Flatbread Maker Safety

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Parts and Features



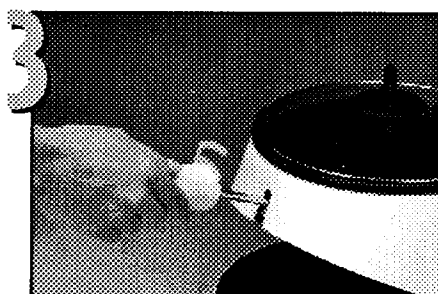
Parts and Features • 3

Operating Instructions

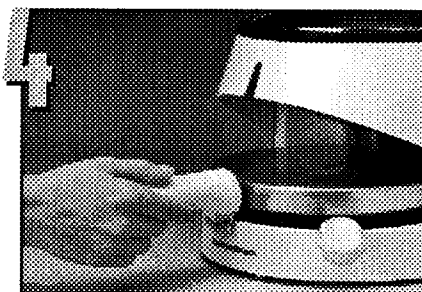
Before first use, wash the Cover and Bread Paddle in hot, soapy water. Rinse and dry. Use a hot, damp cloth to wipe the Griddle and both upper and lower surfaces of the Press.

1 Select a flatbread and filling recipe to prepare.

2 Plug unit into 120 volt AC outlet.



Line up pin on Handle shaft with slot in upper plate. Insert Handle into Flatbread MealMaker Express. This is the unlocked position. The Handle will rotate freely if properly inserted.

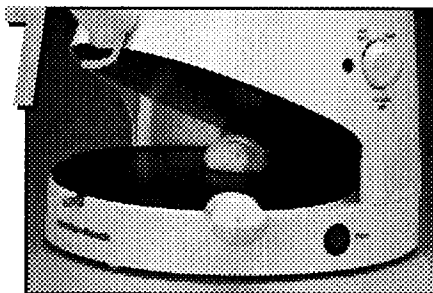


Push the Handle down, then rotate clockwise to lock onto the Latching Pin. Turn the Press Switch on to preheat. The Press Indicator Light will stay on constantly. The Bread Paddle should remain in the Press so it will preheat.

5 Turn on the Griddle to preheat. Keep Cover on to preheat. As the Griddle heats and cools to maintain the set temperature, the Griddle Indicator Light will cycle on and off.

6 The Press and Griddle should be preheated in about 10 minutes.

Operating Instructions (cont.)



Unlock the Press, remove Bread Paddle, and place specified amount of dough onto the Bread Paddle. The dough should be positioned toward the rear of the press. Replace Bread Paddle into unit. The Bread Paddle handle will fit into slots on either the right or the left of the Latching Pin.

8 With the Latch in the unlocked position, push the Handle down. Press and cook as recipe specifies.

9 Open the Press and remove the Bread Paddle with the cooked, pressed flatbread.

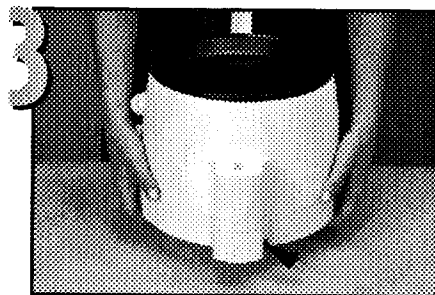
10 The flatbread can be transferred to the Griddle for warming, further cooking, or browning if desired or needed. The Griddle can also be used to cook the filling for the flatbread.

Cleaning

- 1** Turn all controls off, unplug, and let cool.
- 2** Wash Cover and Bread Paddle in hot, soapy water. Rinse and dry.
- 3** To clean the Griddle, and upper and lower plates of the Press, wipe with a hot, soapy dishcloth or sponge. Rinse the dishcloth or sponge in clean, hot water and wipe surfaces again.
- 4** Wipe all other surfaces with a clean, damp cloth.
- 5** To clean burned-on food from the Griddle, pour 1 cup hot water into Griddle. Let soak, then scrub with a nylon brush.

Storing

- 1** To store the Flatbread MealMaker Express, let cool then clean as instructed.
- 2** Remove the Press Handle and store in the slot provided on the back of the unit. Push the cord into the cord storage area also on the back of the unit.



To store the unit, we recommend a storage area under a countertop. Please do not try to lift and store the unit on a high shelf. Remove the Cover, then lift the Flatbread MealMaker Express by placing your hands under the unit. Once stored, replace the lid with the unit.

History of Flatbread

People all over the world have been using flatbread as a wrap for food for thousands of years. Even though many of these breads are from different ethnic cuisines, they are still remarkably similar. Most use basic ingredients such as wheat flour, corn flour, rice flour, or buckwheat flour and water. Some also use salt, fat, yeast, or baking powder as leaveners. Although the flatbread concept is not new, it continues to grow in popularity—not only presenting a delicious solution to today's cooking, but providing a healthy, quick one-dish meal for today's busy families. Discover what you can create using primitive bread recipes with a modern twist with your Hamilton Beach Flatbread MealMaker Express.

Fusion Cooking

The world of cooking is becoming a smaller place. Everywhere you look—from fast-food restaurants to monthly cooking magazines—you'll find people mixing basic foods from different cultures—from Chinese and Indian to Italian and Tex-Mex cuisines.

For example, you can make the basic Mexican Flour Tortilla, fill it with Thai Shrimp, and you have blended two cultures into one delicious meal. Add sun-dried tomatoes or pesto to that same Basic Flour Tortilla and wrap in Chicken Primavera for an Italian twist. This concept, called fusion cooking, is a growing trend in food preparation today. The recipes that have been developed for the Flatbread MealMaker Express will show you how to take the basic ingredients from different cuisines and wrap them up into a meal that your family will have fun making—and eating.

Why stop with wraps? Many of the flatbreads in this book may be used as other parts of a meal like edible "plates" or as a "scoop" to pick up a filling. Serve them as a unique bread alternative to accompany a meal. Be creative with your Flatbread MealMaker Express. It's easy to create delicious dishes using a fritatta, an omelet, a pizza crust, and even a dessert like a crepe—all made in your Flatbread MealMaker Express.

Flatbread Basics

Thickness

- ✦ The consistency of the dough will be a major factor in the thickness of the flatbread. Softer, wetter dough will be easier to press resulting in thinner, larger breads. The type and amount of flour and fat, and the use of leavening agents, will also influence the consistency of the dough.
- ✦ The dough for all recipes should be soft and pliable. Ideally, the dough should be wet, but not sticky. You will know if the dough is too wet if it sticks to your hands or the Press during pressing.

Measuring Tips

Accurate measurement of the following ingredients is the best way to ensure that the dough will be the right consistency.

Liquid

Use a clear plastic or glass measuring cup when measuring liquids. Place the cup on a level surface; make sure your eye is level with the amount you are measuring.

Flour

Before measuring, stir the flour to "lighten" it. Use a metal or plastic cup made for measuring dry ingredients. Spoon the flour into the cup and level off with a knife or spatula. Do not dip the cup into the flour or bang down on the counter to level the cup. This will pack the flour and result in over-measurement.

8 Flatbread Basics

Texture Tips

Oil, Shortening, and Butter

- ✦ You may use vegetable oil, shortening, or butter. Many of the recipes call for 2-3 tablespoons of oil. Tortillas made with 3 tablespoons of oil will press out slightly larger and have a flakier texture.
- ✦ If using 2 tablespoons of oil, add 1 additional tablespoon of water to replace the liquid.
- ✦ If using shortening, use a rubber spatula to press it firmly into a dry measuring cup. Level off using a knife or metal spatula.

Baking Powder

Baking powder has been added to all of the tortilla recipes in this book. It can be eliminated, but its addition helps to give the tortillas a lighter texture and thickness.

Size

- ✦ The amount of dough and the pressure you exert when pressing the dough will determine the size and thickness of the flatbread.
The tip of the Latch on the Handle produces an average flatbread.
The further the handle rotates clockwise the thinner the flatbread.

For Example: The recipe for the flour tortilla instructs you to divide the dough into 6 pieces. If you press each piece 2 to 4 times and turn the Latch clockwise to the end, you will get an 8-inch tortilla. In this case you are exerting the most pressure and flattening as much as possible.

However, if you press fewer times and lock at the tip of the Latch, you will be exerting less pressure and you will get a smaller, thicker 6-inch tortilla.

Temperatures

Press

Once the Press is preheated, it will remain at a thermostatically-controlled constant temperature. This is ideal for making all of the flatbread recipes in this book.

Griddle

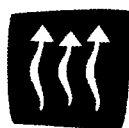
Three thermostat settings allow foods to be cooked at the perfect temperature.

- ✧ **KEEP WARM** – With the Cover on, this setting keeps prepared fillings, flatbread, or wraps warm for up to 40 minutes.
- ✧ **MEDIUM (Bake)** – This setting is used for baking thick breads. Using the Cover during baking turns the Griddle into an oven.
- ✧ **HIGH (Cook)** – Sauté, stir-fry, and pan-fry foods for breakfast, lunch, and dinner as you would with any traditional electric griddle. Use this setting to cook most of the flatbreads and fillings for the recipes in this book.

Tips for Success

About the Symbols

Our easy-to-use recipe symbols give you information at-a-glance!



Indicates that this recipe will need additional time for rising or imparting extra flavor.



Indicates a great "make ahead" product. Some flatbreads can be made ahead of time and refrigerated or frozen until you are ready to use them.

NOTE: To rewarm the pressed and cooked flatbreads, place them in a 250°F oven before using.



Indicates recipes that have a preparation and cooking time of 20 minutes or less.



Indicates low-fat recipes as established by FDA guidelines.



Indicates that you will need to refer to the "Mixing the Dough by Hand" section on page 11 for more information.

About "Rising" Time

The time needed to make flatbread from scratch will vary from recipe to recipe. For example, flour tortillas, which have no yeast, can be made in just a few minutes. However, pita bread, which is leavened with yeast, will need time for the yeast to activate.

About the Recipes

In the filling recipes, the bread choices are located at the end of the ingredient list. This allows you to quickly locate the suggested bread. You may use our suggestions, or substitute any of your favorite flatbread or refrigerator convenience doughs.

NOTE: If you change the quantities recommended in the recipe, this may change your cooking time and temperature.

Mixing the Dough by Hand



The following steps are standard instructions for mixing dough by hand. These instructions can be used when preparing any of the Bread Recipes in this book.

Dry Ingredients

Combine all dry ingredients that are being used in the bread recipe (flour, salt, baking powder, etc.).

Liquid Ingredients

Combine water with any oil that is listed in the recipe. Add the liquid to the dry ingredients slowly. Reserve a small amount until you are sure that the dough forms a ball and is not too wet. For example, if the recipe calls for $\frac{1}{2}$ cup of liquid, add all but 1 or 2 tablespoons. If the dough is too dry, add the remaining liquid a little at a time. The dough should be moist, soft, and smooth but not sticky.

Kneading

Turn the dough out on a lightly-floured board and knead for at least 1 minute. To knead, fold the dough over toward you and press into it with the heel of your hand—not your fingertips. Turn it a half-turn, fold, and press again. Repeat this process.

If the dough is too wet or sticky, sprinkle it with a small amount of flour (about 1 tablespoon) and continue to knead until the dough is smooth and elastic, usually about 3 minutes.

Standing Time

Allow the dough to stand for at least 20 minutes. This will give the dough time to “relax” and make it easier to stretch and flatten. If time does not allow for standing, you can eliminate this step. However, it will be necessary to stretch the dough more by hand or press several more times to obtain the best results.

NOTE: Other options for making dough include using an automatic breadmaker, food processor, or a hand or stand mixer. You may use any method you prefer. All will produce good results.

Convenience Dough

If time is short or you don't feel like making a wrap from scratch, you can use a convenience dough product, such as canned biscuits, cornbread sticks, pizza crust, crescent rolls, and breadsticks. These are readily available in the refrigerator case of your supermarket. The use of convenience dough will allow most of the recipes to be done in about 20 minutes. Choose a recipe from the Filling section and follow the cooking instructions below.

NOTE: When using convenience dough it is not necessary to use the Griddle to finish baking the wrap because the baking is completed during pressing.

1 Open canister and roll dough into equal-size balls.

2 Switch the Press on and preheat the Griddle to the temperature suggested in the filling recipe.

3 Prepare the chosen filling as directed in the recipe.

4 While you are preparing the filling, press the dough balls. To do this, carefully remove the Bread Paddle from the preheated Press and place a dough ball toward the rear of the Bread Paddle.

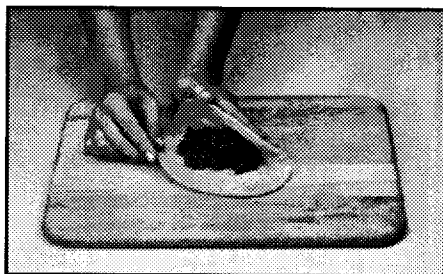
5 Replace loaded Bread Paddle into the Press. Press down twice to flatten the dough. Then hold the Press down for 15 seconds. The dough should cook but not brown.

NOTE: To ensure the bread will remain flexible for wrapping, do not overcook.

Finishing Option 1: As each wrap is pressed, fill it with some of the prepared filling, place it on a serving platter, and loosely cover with foil. Continue to press and fill the wraps until you have used all of the dough balls. This should take less than 5 minutes. Serve immediately.

Finishing Option 2: Press all of the dough balls and fill them all at once.

The Fold, the Roll, the Wrap



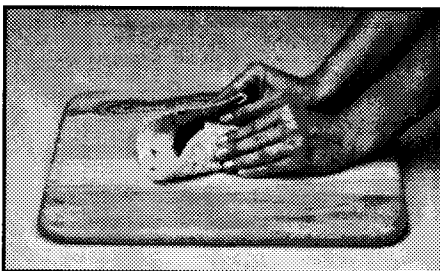
The Fold

To fill a flatbread, place filling in the center of the prepared flatbread. The Fold is simply folded in half.



The Roll

The Roll may be easier if the filling is spread over the flatbread and then rolled up like a jellyroll.

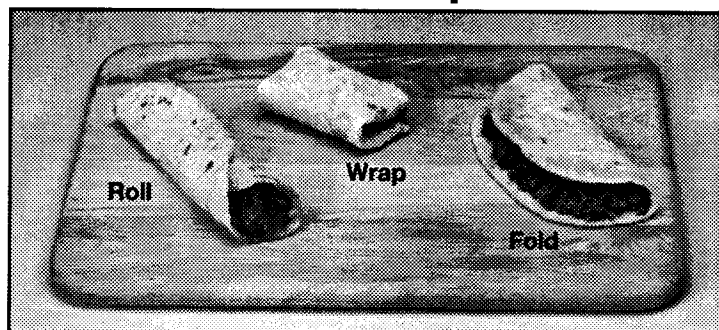


The Wrap

Begin the Wrap by folding one-third of the flatbread bottom up over the filling. Fold over both sides, then fold the top portion like an envelope.

NOTE: All folds are easier when the flatbreads are warm.

Finished Wraps



Ethnic Foods, Ingredient Substitutions, and Package Sizes

Many ethnic ingredients are now readily available in most large supermarkets. If you cannot find a specific ingredient listed, however, we offer the following list of substitutions. Some foods do not have a similar food to list as a substitution. In this case, we recommend replacing the liquid. The final recipe will not be ethnically representative but you may discover a new recipe with possibilities.

- ◆ **Curry paste** = 3 parts curry powder & 1 part chili powder
- ◆ **Coconut milk** = Simmer equal parts water and shredded coconut until foamy; then strain through cheesecloth.
- ◆ **Fish sauce** = 1 part red wine vinegar & 1 part soy sauce
- ◆ **Oyster sauce** = 1 part soy sauce & 1 part steak sauce
- ◆ **Bok Choy** is Chinese cabbage. Regular cabbage may be substituted.
- ◆ **Scallions** are also known as green onions or spring onions.
- ◆ Many recipes use a **seasoning or sauce mix** which may come in a variety of envelope sizes. If a recipe calls for a 1.8 ounce envelope and you can only find 1.2 ounce, the difference will not affect the final results of the recipe.

Nutritional Information

Calculating Nutritional Information Guidelines:

- ❖ Whenever there is a choice given in a recipe, the nutritional information that is given is for the first ingredient listed.
- ❖ Whenever there's a range in amount of an ingredient, the first number is the one that was used for the calculation.
- ❖ Ingredients listed as optional or as if desired are not included in the totals for the nutritional information that is given.

Information on the Size and Type of Ingredients Used in the Recipes:

The following ingredients were used in the testing of the recipes. The nutritional information given reflects these ingredients:

- large eggs
- 1% milk
- 85% lean beef
- vegetable oil
- lean, trimmed pork, beef, and lamb
- low-fat sour cream and yogurt
- frozen whipped topping
- skinless, boneless white meat chicken
- low sodium soy sauce
- cooking oil spray*

* Cooking oil spray was used in the recipes to keep the fat content of the recipes as low as possible. One tablespoon of oil can be substituted for added flavor and browning. If you substitute oil, preheat the griddle first and then add the oil. Allow the oil to heat for 30 seconds to 1 minute before adding the food to be sautéed.

Troubleshooting

QUESTION	ANSWER
The flatbread dough squeezes out the front of the Press.	Position towards the back of the Bread Paddle in the Press. Press lightly, open and push back bread. Finish pressing. Also check to make sure you're not using too much dough.
The flatbread is not flat.	Check that the position of the dough is towards the back of the Press. Then press firmly and quickly. Also make sure you're not using too large a dough ball.
The pizza dough won't press flat.	The thicker breads, like pizza, should first be flattened in the Press. Then move the dough to the Griddle and cover with a piece of aluminum foil. Using an oven mitt on your hand press down on the foil covered dough to help flatten.
When pressed the flatbread sometimes get holes in it.	Try using less pressure or several quick presses. The holes are caused when moisture in the dough turns to steam too quickly and "breaks" the dough.
The flatbread seems doughy or uncooked.	Try using smaller amounts of dough or increase the cooking time in the Press and/or Griddle.
The flatbread is too crisp or overcooked.	Use less pressure when pressing and remove from the Press or Griddle sooner.
The flatbread "breaks" when I try to roll or fold it.	If too thick, make thinner more flexible bread by less dough or more pressure when pressing. If too crisp, try shorter cooking times. If the flatbreads were made in advance and have cooled they must be reheated to be folded or rolled.
When pressing, the dough makes a funny sound.	This results from the air being rapidly pressed out of the dough. This is normal.
The Bread Paddle looks warped.	The paddle may have a slight bend to it due to the thinness of the metal. It was designed this way for a quick transfer of heat. This does not affect the performance of the unit.
Sauces or liquids are difficult to remove from the Griddle.	Use a spoon with a thin edge to remove the most liquid from the Griddle. A regular flatware spoon is better than most kitchen spoons.

Flatbread Recipes

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SPECIAL TIP!

For a quick and easy alternative, use a convenience dough such as cornbread sticks, crescent rolls, pizza crusts, canned biscuits, or breadsticks as your flatbread wrap. See page 12 for more information.

Basic Flour Tortilla

PREP: 25 min.

COOK: 10 min.



This dough is the most basic dough, it can be used as the wrap in any of the sandwiches or fillings in this book.

VARIATION:

Quick Tortillas:

Follow the recipe except omit standing time. Press once and hold 30 seconds.

2½ cups all-purpose flour

1 teaspoon salt

½ teaspoon baking powder

1 cup warm water

2-3 tablespoons oil

1. Combine flour, salt, baking powder.
2. Combine water and oil; stir into the flour mixture until the dough forms a ball.
3. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
4. With floured hands, form the dough into 8 equal size balls. Cover with plastic wrap and allow to stand for 20 minutes.
5. While the dough is resting, switch the Press on and preheat the Griddle to high.
6. Press the dough quickly 3 or 4 times until it is flattened into 7-inch rounds.
7. Cook on the Griddle for 30 to 40 seconds per side until lightly browned.
8. Repeat the process until all the tortillas are cooked. Place the prepared tortillas into a 200°F oven or wrap in foil to keep warm.

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	230
Total Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	430mg
Carbohydrates	40g
Dietary Fiber	1g
Protein	5g

Makes: 8



Basic Flour Tortilla – left
Griddle Corn Spoon Bread – page 22

Whole Wheat Tortilla

PREP: 25 min.

COOK: 10 min.



A whole-wheat version of the basic tortilla wrap.

COOKING TIP:

To make Mixed Flour Tortillas, replace ½ of the whole wheat flour with rye flour and proceed as directed.

- 1½ cups all-purpose flour**
- 1 cup whole wheat flour**
- 1 teaspoon salt**
- ½ teaspoon baking powder**
- 1 cup warm water**
- 2-3 tablespoons oil**
- 1-2 tablespoons flour for kneading**

1. Combine flours, salt, and baking powder.
2. Combine water and oil; stir into the flour mixture until the dough forms a ball.
3. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
4. With floured hands, form the dough into 6 equal size balls. Cover with plastic wrap and allow to stand for 20 minutes.
5. While the dough is resting, switch the Press on and preheat the Griddle to high.
6. Press the dough quickly 3 or 4 times until it is flattened into 8-inch rounds.
7. Cook 30 to 40 seconds per side until lightly browned and the second side puffs.
8. Repeat the process until all the tortillas are cooked. Place the prepared tortillas into a 200°F oven or wrap in foil to keep warm.

Makes: 6

Nutritional Information Per Serving

Serving Size: 1	
Nutrient	Per Serving
Calories	226
Total Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	431mg
Carbohydrates	39g
Dietary Fiber	3g
Protein	6g

Corn Tortilla

COOKING TIPS:

- Fine cornmeal or masa is not suitable for this recipe. MASECA makes an instant corn masa mix, that is available in 4-to 5-pound bags and sold in the Mexican section or flour section of most supermarkets as well as Mexican markets.
- The dough for these tortillas is different from flour tortillas so the cooking procedure is also different. Press only once or the tortilla will be lacy. They should also be cooked a little longer on the Griddle.
- Wet your hands when forming the dough balls, if the dough is not already moist and smooth. The correct amount of moisture is key to this recipe.
- If the dough sticks to the Press when the top is lifted, loosen the dough with a spatula and allow it to stand on the Press for a few seconds before turning onto the Griddle to bake.

PREP: 15 min.

COOK: 1 hour 30 min.



The traditional Mexican wrap bread.

2 cups MASECA® instant corn masa mix

1¼ cup warm water

¼ cup warm water, if needed*

1. Switch Press on and preheat the Griddle to high.
2. Place the masa mix and 1¼ cups water into a bowl and mix thoroughly until dough forms. It will resemble smooth clay rather than bread dough.
* Humidity affects the consistency of bread dough. Add additional water if needed.
3. Divide dough into 16 pieces and form each piece into a ball. Place the dough balls on a plate and cover with a damp paper towel.
4. Flatten each dough ball before placing it on the Bread Paddle. The more the dough is flattened by hand, the easier it will be to press.
5. Place the flattened dough slightly to the rear of center on the Bread Paddle. Close Press completely and open immediately. The Tortilla will be about a 5-inch round.
6. Remove Bread Paddle with tortilla. Carefully remove tortilla from Paddle with a plastic spatula. Place tortilla on the Griddle. Cook for 2 to 3 minutes on each side or until desired brownness.
7. To crisp for use as tacos, fold the tortilla over and place in a 300°F oven. For softer tortillas, keep warm by wrapping in foil and placing in a 200°F oven until the filling is ready.

Nutritional Information Per Serving

Serving Size: 2

Nutrient	Per Serving
Calories	104
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	3mg
Carbohydrates	22g
Dietary Fiber	3g
Protein	3g

Makes: 16

Griddle Corn Spoon Bread

PREP: 3 min.

COOK: 13 min.

1 (8½ ounce) box corn muffin mix

1 egg

¼ cup milk

2 tablespoons oil

3 tablespoons chopped green chilies

1 (7 ounce) can Mexicorn, drained

½ cup grated cheddar or Monterey Jack cheese

½ cup salsa

COOKING TIP:

The very center of the top of the bread may not be completely cooked at the end of 10 minutes. It will finish cooking when turned and baked on the second side.

SERVING SUGGESTIONS:

- As a Main Dish
Brunch – top with scrambled eggs.
- As a Main Dish
Dinner – top with Sloppy Joe or taco filling; sprinkle with grated cheese, chopped tomato, and slices of avocado.

1. Preheat the Griddle to medium.
2. Combine the mix, egg, milk, oil, chilies, and corn. Pour onto the griddle and spread evenly.
3. Cover and cook for 10 minutes or until the bottom is golden brown and the top is set around the edges and into the middle. Lift the edge of the bread and slide the Bread Paddle underneath. Carefully turn over onto the griddle and cook the second side for 3 minutes. Slide the Bread Paddle under and remove to a plate. Cut into 8 slices.
4. Sprinkle the cheese over the top and spoon the salsa in the center.

Makes: 8 slices

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	217
Total Fat	10g
Saturated Fat	3g
Cholesterol	34mg
Sodium	526mg
Carbohydrates	26g
Dietary Fiber	3g
Protein	6g

22 * Mexican Flatbread

Fried Corn Tortilla Chips

PREP: 25 min.

COOK: 15 min.

1 recipe Corn Tortilla dough (page 21)

2-3 tablespoons oil

1 teaspoon seasoned salt, popcorn seasoning, or cheese-flavored powder

COOKING TIP:

To make a lower fat version of these chips, preheat an oven to 400°F. Make dough and press as directed in the Corn Tortilla recipe. Sprinkle with seasonings and place on a cooling rack. Bake for 7 minutes or until lightly browned. Cool and serve plain, with salsa, or your favorite dip.

1. Make the Corn Tortilla dough as directed in the recipe.
2. Press as directed but **do not bake** on the Griddle. Preheat the Griddle to high.
3. Sprinkle both sides of the tortillas with desired seasoning.
4. Cut each pressed tortilla into 4 wedges with a sharp knife or a pizza cutter.
5. Heat the oil on the Griddle for 1 minute.
6. Cook for 1 minute per side or until lightly browned. Fry as many chips as possible at one time. Drain on absorbent paper towels. Serve hot or cool on a rack.

Makes: 64 chips

Nutritional Information Per Serving	
Serving Size: 8 chips	
Nutrient	Per Serving
Calories	135
Total Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	117mg
Carbohydrates	22g
Dietary Fiber	3g
Protein	3g

Tomato & Pesto Tortilla

PREP: 25 min.

COOK: 10 min.



Use as a wrap for any sandwich or with any of the Italian, Mexican, or Thai fillings.

- 2½ cups all-purpose flour**
- 1 teaspoon salt**
- ½ teaspoon baking powder**
- 2 tablespoons grated Parmesan cheese**
- 1 teaspoon garlic powder**
- 1 teaspoon onion powder**
- 2 tablespoons pesto**
- 2 tablespoons tomato sauce or ketchup**
- ¾ cup + 2 tablespoons warm water**
- 2-3 tablespoons oil**

1. Combine flour, salt, baking powder, cheese, and garlic and onion powders.
2. Combine pesto, tomato sauce, water, and oil; stir into the flour mixture until the dough forms a ball.
3. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
4. With floured hands, form the dough into 6 equal size balls. Cover with plastic wrap and allow to stand for 20 minutes.
5. While the dough is resting, switch the Press on and preheat the Griddle to high.
6. Press quickly 3 or 4 times until the dough is flattened into 8-inch rounds.
7. Cook 30 to 40 seconds per side until lightly browned and the second side puffs.
8. Repeat the process until all the tortillas are cooked. Place the prepared tortillas into a 200°F oven or wrap in foil to keep warm.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	270
Total Fat	8g
Saturated Fat	2g
Cholesterol	3mg
Sodium	535mg
Carbohydrates	41g
Dietary Fiber	2g
Protein	7g

24 • Mexican Flatbread

Chili & Herb Tortilla

PREP: 25 min.

COOK: 10 min.



These spicy tortillas are perfect for egg dishes and for use in wrap sandwiches.

2½ cups all-purpose flour

1 teaspoon salt

½ teaspoon baking powder

½ tablespoon chili powder

1 teaspoon each garlic and onion powder

2 teaspoons cilantro

1 teaspoon coriander

1 cup warm water

2-3 tablespoons oil

1. Combine flour, salt, baking, chili, garlic and onion powders, cilantro, and coriander.
2. Combine water and oil; stir into the flour mixture until the dough forms a ball.
3. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
4. With floured hands, form the dough into 6 equal size balls. Cover with plastic wrap and allow to stand for 20 minutes.
5. While the dough is resting, switch the Press on and preheat the Griddle to high.
6. Press the dough quickly 3 or 4 times until it is flattened into 8-inch rounds.
7. Cook 30 to 40 seconds per side until lightly browned and the second side puffs.
8. Repeat the process until all the tortillas are cooked. Place the prepared tortillas into a 200°F oven or wrap in foil to keep warm.

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	236
Total Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	444mg
Carbohydrates	41g
Dietary Fiber	2g
Protein	6g

Makes: 6

Tostadas

PREP: 25 min.

COOK: 10 min.



Tostadas are great as an edible plate. Choose any of your favorite fillings and spoon on top.

VARIATION:

For a delicious sweet treat, add 1 tablespoon of sugar to the dough and sprinkle the warm Tostadas with powdered sugar.

SERVING SUGGESTION:

Top with grated cheeses, salsa, refried beans, and a dollop of sour cream.

- 2 cups all-purpose flour**
- 1 teaspoon salt**
- ½ teaspoon baking powder**
- 2-3 tablespoons vegetable shortening**
- ¾-1 cup warm water**
- ¼ cup vegetable oil for frying**

1. Place the flour, salt, and baking powder in the bowl of a food processor. With the motor running, add the shortening and process for 30 seconds. Slowly pour the water down the feed tube until the dough forms a ball.
2. Divide the dough into 10 pieces and form into 1-inch balls. Cover with plastic wrap and allow the dough to stand for at least 20 minutes.
3. While the dough is resting, switch the Press on and preheat the Griddle to high.
4. Press each dough ball quickly 2 or 3 times until it forms a 6-inch round.
5. Pour the oil onto the Griddle and allow to heat for 30 seconds.
6. Fry each tortilla for 30 to 40 seconds per side. Drain on paper towel and keep crisp in a 200°F oven until all the tostadas are made.

Makes: 10

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	162
Total Fat	8g
Saturated Fat	1g
Cholesterol	0mg
Sodium	258mg
Carbohydrates	19g
Dietary Fiber	1g
Protein	3g

26 * Mexican Flatbread

Chapati

PREP: 45 min.

COOK: 15 min.



This Indian flatbread is ideal as a scoop or edible plate.

2 cups all purpose flour

1/3 cup wheat bran

1 teaspoon salt

3/4 to 1 cup warm water

1 tablespoon melted butter or oil

1-2 tablespoons flour for kneading

2 tablespoons melted butter (ghee)

COOKING TIPS:

- Chapati is traditionally made with "ghee" which is clarified butter. Clarified butter is a clear yellow liquid that reassembles oil. To clarify butter, heat 1/4 pound of butter in a heavy saucepot or cast-iron skillet over low heat for about 20 minutes or until the white solids separate out to the bottom. Carefully spoon off the liquid or pour through several layers of cheesecloth.
- Wheat bran is a soft, fine grain that can be found in most grocery and health food stores. It is also known as millers bran. Do not use wheat bran cereal because it is too coarse. Barley flour, oat bran, or whole wheat flour can be substituted if wheat bran is not available.

1. Combine flour, wheat bran, and salt.
2. Combine water and melted butter; stir into the flour mixture until the dough forms a ball.
3. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
4. With floured hands, form the dough into 6 equal size balls. Place in a lightly-oiled bowl. Cover with plastic wrap and allow to stand for 40 minutes.
5. Preheat the Press and Griddle to high.
6. Press the dough quickly 3 or 4 times until it is flattened into a 6- to 7-inch round.
7. Cook 1 minute per side until lightly browned and the second side puffs.
8. Repeat the process until all the Chapati are cooked. Place the prepared Chapati into a 200°F oven or wrap in foil to keep warm. They are generally served brushed with ghee (see Cooking Tips) before serving.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	214
Total Fat	6g
Saturated Fat	4g
Cholesterol	16mg
Sodium	448mg
Carbohydrates	34g
Dietary Fiber	2g
Protein	5g

Navajo Fried Bread

PREP: 25 min.

COOK: 10 min.



A traditional Native American bread that is great for a snack with melted cheese.

SERVING SUGGESTIONS:

- Use as a base for a chicken salad or tuna salad topped with shredded lettuce, chopped tomatoes, and grated cheddar. Pop them under the broiler to melt the cheese.
- For dessert, sprinkle with powdered sugar and top with berries and whipped cream.

2½ cups all-purpose flour

1 teaspoon salt

2 teaspoons baking powder

¼ cup vegetable shortening

¾ cup warm water

2 tablespoons oil for frying

1. Place the flour, salt, and baking powder in the bowl of a food processor. With the motor running, add the shortening and process for 30 seconds. Slowly pour the water down the feed tube just until the dough forms a ball.
2. Divide the dough into 10 equal size balls. Cover with plastic wrap and allow the dough to stand for at least 20 minutes.
3. Switch the Press on and preheat the Griddle to high.
4. Press each dough ball quickly 2 or 3 times, until it forms a 6-inch circle.
5. Pour the oil onto the Griddle and allow to heat for 30 seconds.
6. Fry each round for 30 to 40 seconds per side. Drain on absorbent paper towels and keep crisp in a 200°F oven until they are all fried. Serve hot.

Makes: 10

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	184
Total Fat	8g
Saturated Fat	2g
Cholesterol	0mg
Sodium	331mg
Carbohydrates	24g
Dietary Fiber	1g
Protein	3g

Barley Bread

PREP: 5 min.

COOK: 13 min.



SERVING SUGGESTION:

- Serve for breakfast with butter and jam or top with fruit flavored pancake syrup. To reheat, microwave for 15 seconds per slice.

- 1 cup barley flour**
- ¾ cup all-purpose flour**
- 1 teaspoon baking powder**
- ½ teaspoon salt**
- 1 tablespoon sesame seeds**
- 1 teaspoon vanilla or ¼ teaspoon anise extract**
- 1 tablespoon oil**
- 2 tablespoons honey**
- 1 egg**
- ¾ cup milk**

1. Preheat the Griddle to medium.
2. Combine the dry ingredients.
3. Stir in the remaining ingredients.
4. Spoon onto the Griddle and spread evenly with a spatula.
5. Cover and bake for 10 minutes or until set around the edges and almost set in the center.
6. Lift the edge of the bread with a rounded knife and slide the Bread Paddle underneath.
7. Carefully turn over on the griddle and cook the second side, uncovered, for 3 minutes.
8. Remove from Griddle and slice into 8 wedges.

Makes: 8

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	138
Total Fat	4g
Saturated Fat	1g
Cholesterol	27mg
Sodium	226mg
Carbohydrates	24g
Dietary Fiber	2g
Protein	4g

Naan



PREP: 2 hours 5 min.

COOK: 8-14 min. (depending on number made)

This bread is commonly used as an accompaniment or edible plate, but it can be a wrap when made in the 8-inch size.

COOKING TIPS:

- The longer the dough stands, the better the flavor from the yogurt.
- To make smaller rounds, divide the dough into 8 or 10 pieces.

2½ cups all-purpose flour

2 teaspoons baking powder

2 teaspoons sugar

1 teaspoon salt

¾ cup plain low-fat yogurt

2-3 tablespoons oil

3 tablespoons to ¼ cup water

1. Combine dry ingredients.
2. Stir in remaining ingredients and stir until the dough forms a ball.
3. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
4. Place the dough into a lightly-oiled bowl and cover with a clean, dry towel. Place in a warm, draft-free place for 2 hours.
5. Switch Press on and preheat the Griddle to high.
6. Form the dough into 6 equal size balls.
7. Press quickly 3 or 4 times until the dough is flattened into 7- to 8-inch rounds.
8. Cook 30 to 40 seconds per side until lightly browned.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	255
Total Fat	6g
Saturated Fat	1g
Cholesterol	2mg
Sodium	573mg
Carbohydrates	44g
Dietary Fiber	1g
Protein	7g

30 • Indian & Native American Flatbread



Naan – left
Easy No-Rise Sun-Dried Tomato Griddle Pizza – page 32

Easy No-Rise Sun-Dried Tomato Griddle Pizza Crust

PREP: 25 min.

COOK: 12 min.



This dough can be used as the wrap in any of the sandwiches or with any of the Mexican or Italian fillings.

- 2½ cups all-purpose flour**
- 1 teaspoon salt**
- ½ teaspoon baking powder**
- 1 teaspoon garlic powder**
- 2 tablespoons grated Parmesan cheese**
- 1 tablespoon dried basil**
- ¼ cup finely chopped sun-dried tomatoes, packed in oil**
- 2 tablespoons oil from sun-dried tomatoes or olive oil**
- 1 cup warm water**
- 1-2 tablespoons flour for kneading**

1. Combine flour, salt, baking and garlic powders, cheese, basil, and sun-dried tomatoes.
2. Combine water and oil and stir into the flour mixture until the dough forms a ball.
3. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
4. With floured hands form the dough into 6 equal size balls. Cover with plastic wrap and allow to stand for 20 minutes.
5. While the dough is resting, switch the Press on and preheat the Griddle to high.
6. Press quickly 3 or 4 times until the dough is flattened into an 8-inch round.
7. Cook 30 to 40 seconds per side until lightly browned and the second side puffs.
8. Repeat the process until all the pizzas are cooked. Place the prepared pizzas into a 200°F oven or wrap in foil to keep warm.

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	257
Total Fat	6g
Saturated Fat	1g
Cholesterol	2mg
Sodium	482mg
Carbohydrates	43g
Dietary Fiber	2g
Protein	7g

32 • Mediterranean Flatbread

Makes: 6

Focaccia

PREP: 1 hour, 30 min.

COOK: 16 min.



Dough:

- 1 cup + 2 tablespoons warm water
- 2 tablespoons olive oil
- 3 cups flour
- 1 teaspoon sugar
- 2 teaspoons salt
- 1 teaspoon oregano
- 2 teaspoons parsley
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon basil
- 1 (¼ ounce) envelope active dry yeast

Topping:

- 2 teaspoons olive oil
- 1 tablespoon grated Parmesan cheese

COOKING TIP:

It is essential that the cover be used because it keeps the heat in and makes the griddle an oven.

SERVING SUGGESTION:

Portobello Mushroom Pizza topping (page 107) works well with Focaccia as a crust, or use any of your favorite pizza toppings.

1. Prepare the dough. (See page 11 for more information.)
2. When the dough has risen, switch the Press on and preheat the Griddle to medium.
3. Divide the dough in half and form into 2 balls.
4. Press 2 or 3 times until the dough is flattened into an 8-inch round.
5. Place the dough onto the Griddle and brush with olive oil.
6. Cover and bake for 5-7 minutes or until nicely browned. Turn; brush with oil and sprinkle with half of the cheese. Bake for 5 minutes. If you plan to top the focaccia, bake the second side for only 2 minutes.
7. Repeat the process with the second dough ball.
8. Cut in 4 slices each and serve as a bread hors d'oeuvres, or top and serve as a meal.

Makes: 8 slices

Nutritional Information Per Serving	
Serving Size: 1 slice	
Nutrient	Per Serving
Calories	226
Total Fat	6g
Saturated Fat	1g
Cholesterol	2mg
Sodium	628mg
Carbohydrates	37g
Dietary Fiber	2g
Protein	6g

Basic Thick Pizza Crust

PREP: 1 hour 30 min.

COOK: 30 min.



TOPPING SUGGESTIONS:

- Portobello Mushroom Pizza (page 107).
- Roasted Red Pepper, Artichoke, & Sun-Dried Tomato Topping (page 108).
- Any of your favorite pizza toppings.

1¼ cups water

1 tablespoon olive oil

3 cups all-purpose flour

¼ cup corn meal

1 teaspoon salt

2 teaspoons yeast

1. Prepare dough. (See page 11 for more information.)
2. When the dough has risen, switch the Press on and preheat the Griddle to medium.
3. Cut the dough in half and form into 2 balls.
4. Press one of the dough balls quickly once or twice. Turn onto the Griddle. Cover and cook for 5 minutes or until nicely browned. Turn; cover and bake for 5 minutes.
5. Slide the Bread Paddle under the pizza and remove to a plate. Keep warm while you repeat the process to make the second pizza.
6. The dough is now fully cooked and ready for toppings.
7. Return the pizza to the Griddle. Cover and bake 3-5 minutes until the toppings are hot and the cheese has melted.
8. Cut into 4 slices and serve or keep warm until the second pizza is cooked.

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	204
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	293mg
Carbohydrates	39g
Dietary Fiber	2g
Protein	6g

Makes: 8 slices

Pita Bread

PREP: 1 hour 20 min.

COOK: 15 min.



1 envelope (¼ ounce) active dry yeast

1 cup warm water

3 cups flour

1½ teaspoons salt

VARIATIONS:

Whole Wheat Pitas:

Add 2 tablespoons more water and substitute 1 cup whole wheat flour for 1 cup of the all purpose flour. Proceed as directed.

Thick Pitas:

COOK: 36 min.

Use the same recipe, but cut the dough in to 4 pieces. Preheat the Griddle on medium and cook both sides, covered, for 3 minutes per side. Serve folded with desired filling or cut a pocket in one section and gently pull the dough apart and fill.

SERVING SUGGESTION:

Cheese-Filled Pocket Calzones (page 52) make a tasty appetizer.

1. Dissolve yeast in water.
2. Prepare dough. (See page 11 for more information.)
3. When the dough has risen, switch the Press on and preheat the Griddle to high.
4. Divide dough into 8 pieces and form into balls. Flatten each ball in the palm of your hands into a disc before pressing.
5. Quickly press once then press again and hold for 5 seconds.
6. Turn the pita onto the Griddle. Cover and cook for 40 seconds on the first side or until it is lightly browned. Turn and cover. Cook for 40 seconds on the second side until it puffs and browns. Cover or keep warm in a preheated 200°F oven.
7. Repeat the process until all the pitas are cooked.
8. While the pitas are hot, cut them in half and make a pocket in each side or leave whole and make a pocket on one side. Pull dough apart and fill.

Makes: 8

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	173
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	438mg
Carbohydrates	36g
Dietary Fiber	1g
Protein	5g

Parathas

PREP: 1 hour, 5 min.

COOK: 20 min.



Designed to accompany curried dishes, this bread can also be used like a folded pita.

SERVING SUGGESTION:

Spoon on some filling and top with chopped peanuts, scallions, your favorite chutney, and shredded coconut then fold.

- 2 cups all-purpose flour**
- 1/3 cup wheat bran**
- 1 teaspoon salt**
- 3/4 cup warm water**
- 2-3 tablespoons oil or melted butter**
- 1-2 tablespoons flour for kneading**
- 2 tablespoons melted butter for brushing**

1. Prepare dough. (See page 11 for more information.)
2. Place the dough in a lightly-oiled bowl and cover. Allow to stand for 40 minutes.
3. Divide the dough into 6 equal size balls.
4. Place each ball on the floured board and press down. Brush each with melted butter and fold the buttered section into itself to reform a ball.
5. Place the dough balls back into the oiled bowl and allow to stand 20 more minutes.
6. Meanwhile switch the Press on and preheat the Griddle to high. Press each dough ball quickly 2 or 3 times until it forms a 6-inch round.
7. Brush the top of the round with melted butter and place it buttered side down onto the Griddle. Cook 30 seconds, butter the top of the round and turn. Bake 30 seconds, butter and turn again. Repeat. Cook each a total of 2 minutes.
8. Repeat this process with each dough ball.
9. Keep the prepared Parathas in a preheated 200°F oven until all are ready.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	237
Total Fat	9g
Saturated Fat	3g
Cholesterol	10mg
Sodium	428mg
Carbohydrates	34g
Dietary Fiber	2g
Protein	5g

Roti

PREP: 50 min.

COOK: 12 min.



COOKING TIP:

Prepare ahead and reheat in a 250°F to restore crispiness.

2½ cups flour

1 teaspoon salt

1 teaspoon baking powder

1 cup cold water

1-2 tablespoons flour for kneading

¼-½ cup melted butter (as needed)

1. Prepare dough. (See page 11 for more information.)
2. Place the dough in a lightly-oiled bowl and cover. Allow to stand for 20 minutes.
3. Divide the dough into 6 equal pieces and form into dough balls.
4. Place each ball on the floured board and press down. Brush each with melted butter and fold the buttered section into itself to reform a ball.
5. Place the dough balls back into the oiled bowl and allow to stand 20 more minutes.
6. Meanwhile switch the Press on and preheat the Griddle to high. Press each dough ball quickly 2 or 3 times until it forms a 7-inch round.
7. Brush the top of the round with melted butter and place it buttered side down onto the Griddle. Cook 30 seconds, butter the top of the round and turn. Bake 30 seconds, butter and turn again. Repeat. Cook each a total of 2 minutes.
8. Repeat this process with each dough ball.
9. Keep the prepared Roti in a preheated 200°F oven until all are ready.

Makes: 6

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	263
Total Fat	8g
Saturated Fat	5g
Cholesterol	21mg
Sodium	549mg
Carbohydrates	41g
Dietary Fiber	1g
Protein	6g

Middle Eastern Lavash

PREP: 5 min.

COOK: 10 min.



Great alone or spread with cheese or a dip.

SERVING SUGGESTION:

Make ahead and crisp up in a toaster oven. If you like bialys, or even if you have never tried one, toast these rounds and serve with cream cheese for breakfast or a snack.

- 2½ cups all-purpose flour**
- 1 teaspoon salt**
- 1½ cups warm water**
- 1-2 tablespoons flour for kneading**
- 2 tablespoons sesame seeds**
- 1 tablespoon poppy seeds**
- ¼ teaspoon each: garlic powder, seasoning salt, and onion powder**
- 2 tablespoons oil**

1. Switch the Press on and preheat the Griddle to high.
2. Combine flour and salt.
3. Stir water into the flour mixture until the dough forms a ball.
4. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
5. With floured hands, form the dough into 18 equal size balls.
6. Preheat an oven to 200°F.
7. Press once, holding down for 10 seconds or until the dough is flattened into 3-inch rounds.
8. Combine the seeds and seasonings.
9. Using a pastry brush, paint one side of each round lightly with oil. Sprinkle liberally with the seed mixture. Place 3 rounds at a time, seed side down, on the Griddle and cook 30 to 40 seconds. While they are cooking, paint the tops and sprinkle with the mixture. Turn and cook 30 to 40 seconds. Repeat the process until all of the rounds are done.
10. Place the rounds on a cookie sheet and keep in a 200°F oven to crisp, until ready to serve. Serve hot.

Nutritional Information Per Serving

Serving Size: 3	
Nutrient	Per Serving
Calories	260
Total Fat	7g
Saturated Fat	1g
Cholesterol	0mg
Sodium	429mg
Carbohydrates	42g
Dietary Fiber	2g
Protein	6g

38 • Middle East Flatbread

Makes: 18

Syrian Hot Chili Bread (Felaveri)

PREP: 1 hour 25 min.

COOK: 18 min.



Dough:

- 1 cup warm water
- 3 cups all purpose flour
- 1 teaspoon salt
- ¼ teaspoon sugar
- 1½ teaspoons yeast

Toppings:

- 2-3 tablespoons olive oil
- 2 tablespoons sesame seeds
- 1-2 teaspoons dried chili pepper flakes
- ¼ teaspoon each of garlic powder, onion powder, and seasoning salt

SERVING SUGGESTIONS:

Serve with a meal, as a snack with yogurt, a vegetable dip, or a mild soft cheese. This bread is especially nice topped with a spoonful of hummus or tahini paste. Also great as a bread with a luncheon salad.

1. Prepare dough. (See page 11 for more information.)
2. When the dough has risen, switch the Press on and preheat the Griddle to high. Preheat a broiler with the rack 2 inches from the heat source.
3. Divide dough into 12 pieces and form into balls. Flatten each ball in palm of your hands into a 1-inch circle before pressing.
4. Press each once or twice until the dough is flattened into 6-inch circles.
5. Combine the seeds, flakes, and seasonings.
6. Using a pastry brush paint one side of each round lightly with oil. Sprinkle with the sesame chili mixture.
7. Place 2 of the dough rounds, seed side down, onto the Griddle and cook for 1 minute. While they are cooking, paint the top and sprinkle with the mixture. Turn and cook 1 minute. Repeat the process until all the rounds are cooked.
8. Place the finished breads onto a cookie sheet and broil for 2 minutes, turn and broil 2 minutes or until they are beginning to char. Serve warm.

Makes: 12

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	145
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Sodium	215mg
Carbohydrates	25g
Dietary Fiber	1g
Protein	4g



Syrian Hot Chili Bread – page 39
Norwegian Lefse – right

Norwegian Lefse

COOKING TIPS:

- If the dough is too wet, it will stick to the Press. If this happens, roll the dough balls in flour before pressing. Continue as directed in the recipe.
- If you want to use this recipe as a wrap, form the dough into 6 pieces and press until it forms an 8-inch round.

SERVING SUGGESTIONS:

- Sprinkle with cinnamon and sugar. Serve with sour cream, apple-sauce, or berries.
- Top cooked Lefse with sautéed onions, sour cream, smoked salmon, or pickled herring and serve as a luncheon meal or as hors d'oeuvres.

VARIATION:

Savory Lefse:

Add ½ teaspoon each of garlic powder, onion powder, and dill to the potato mixture. Use as an edible plate.

PREP: 8 min.

COOK: 10 min.



1¼ cups all-purpose flour

½ teaspoon salt

1¼ cup prepared instant mashed potatoes

1-2 tablespoons flour for kneading

1 tablespoon butter, divided in 8 pieces

1. Switch the Press on and preheat the Griddle to high.
2. Place 1 cup of the flour and salt in a large mixing bowl. Stir in the mashed potatoes. When the flour is incorporated, stir in as much of the remaining ¼ cup of flour as needed to form the dough into a ball. The dough should be soft but not sticky.
3. Turn the dough onto a lightly-floured board and knead for 1 minute. With floured hands, form the dough into 8 balls.
4. Press each dough ball quickly, once or twice until it forms a 6-inch round.
5. Place a dot of butter on the griddle. Turn the dough onto the Griddle and cook 30 to 40 seconds or until nicely browned. Turn and cook 30 seconds on the other side. Keep warm in the oven.
6. Repeat the process until all the dough is cooked.

Makes: 8

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	175
Total Fat	3g
Saturated Fat	1g
Cholesterol	5mg
Sodium	268mg
Carbohydrates	32g
Dietary Fiber	2g
Protein	4g

Norwegian Flatbrød

PREP: 10 min.

COOK: 14 minutes in an oven



SERVING SUGGESTIONS:

Use like you would any cracker with cheese and dip or make canapes with a cream cheese and vegetable spread topped with smoked salmon or pickled herring.

1 cup rye flour

$\frac{3}{4}$ cup whole wheat flour

$\frac{3}{4}$ cup all-purpose flour

1 teaspoon salt

1 cup water

1-2 tablespoons flour for kneading

1. Preheat the Press.
2. Combine flours and salt.
3. Stir the water into the flour mixture until the dough forms a ball.
4. Turn out onto a lightly-floured board and knead for 2 minutes. The dough should be slightly firm, not sticky.
5. With floured hands, form the dough into 15 equal size balls. Allow to stand 5 minutes.
6. Press quickly 1 or 2 times until the dough forms a $3\frac{1}{2}$ inch round.
7. Score both sides of the dough rounds in a tic-tac-toe pattern or prick the surface of both sides of each with a fork. (Do not cut through the dough when scoring.) This is so the edges do not curl when baking and to allow the heat to penetrate the dense dough.
8. Place the dough on a baking sheet and bake in a preheated 400°F oven for 7 minutes per side.

Makes: 15 large crackers

Nutritional Information Per Serving

Serving Size: 3

Nutrient	Per Serving
Calories	207
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	468mg
Carbohydrates	44g
Dietary Fiber	6g
Protein	7g

Icelandic Flatbread

PREP: 5 min.

COOK: 24 min.



Use as the base for open-faced sandwiches, for spreads, or cut in wedges for dips.

COOKING TIPS:

- If the dough is too wet it will stick to the Press. If this happens, roll each ball in flour before pressing.
- Since this bread does not have a standing time, the dough is a little less pliable. It is not meant to be used as a wrap and is thicker than tortillas. Icelandic Flatbread is intended to serve as an edible plate.

SERVING SUGGESTIONS:

Perfect for smoked salmon with horseradish mayonnaise as well as a great breakfast bread toasted and topped with cream cheese.

- 1 cup rye flour**
- 1 cup whole wheat flour**
- ½ cup all-purpose flour**
- 1 teaspoon salt**
- 1¼ cups water**

1. Preheat the Press and Griddle to high.
2. Combine the dry ingredients.
3. Stir in the water until the dough forms a ball.
4. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
5. With floured hands, form the dough into 12 equal size balls.
6. Press quickly 3 or 4 times until the dough forms 3½-inch round.
7. Place 2 flatbreads at a time on the Griddle and cook 2 minutes per side until lightly browned and the second side puffs.
8. Repeat the process until all the flatbreads are cooked. Place the prepared flatbreads into a 200°F oven or wrap in foil to keep warm.

Makes: 12

Nutritional Information Per Serving	
Serving Size: 2	
Nutrient	Per Serving
Calories	166
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	391mg
Carbohydrates	36g
Dietary Fiber	5g
Protein	5g

Mu Shu Pancakes

PREP: 25 min.

COOK: 10 min.



Try this quick and easy traditional Asian flatbread with Mu Shu Pork (page 93).

COOKING TIP:

Add the water slowly because it may not be necessary to use the full amount. Stop when the dough forms a ball. The dough should be soft but not sticky. If you add too much water, add some flour, a little at a time. If the dough is just a little too wet, flour your hands when forming the dough balls.

2 cups all-purpose flour

$\frac{3}{4}$ cup boiling water

2 teaspoons sesame oil

additional sesame oil to brush tops

1. Place the flour in a bowl. Combine water and oil; stir in until the dough forms a ball.
2. Turn onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
3. Form the dough into 12 equal size balls. Flatten each with your hands into 2-inch rounds. Brush the tops of each round with sesame oil.
4. Preheat the Press and Griddle to high.
5. Press each pancake quickly 3 or 4 times until the dough is flattened into a 5½-inch round.
6. Cook for 40 to 50 seconds per side or until lightly browned and the second side puffs.
7. Repeat the process until all the pancakes are cooked. Place the prepared pancakes into a 200°F oven or wrap in foil to keep warm.
8. Serve the pancakes in pairs.

Makes: 6

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	165
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Carbohydrates	32g
Dietary Fiber	1g
Protein	4g

44 Asian Flatbread

Basic Dessert Crepes

COOKING TIP:

Crepes can be made up to two days ahead and stored in the refrigerator or they can be frozen. Place a piece of waxed paper between each crepe as you make them so they do not stick together.

SUBSTITUTIONS:

For main dish crepes omit the sugar, vanilla, and cinnamon and proceed as directed.

VARIATIONS:

- Fold the crepes in half and then half again. Place them in a serving dish and top with warm fruit and whipped cream.
- Fill the crepes with your favorite ice cream and roll them up. Store in the freezer and serve when you have unexpected company. Top with hot fudge or caramel sauce, chopped nuts, and whipped cream, or warm fruit and whipped cream.

PREP: 5 min.

COOK: 12 min.



A French favorite. Try them plain, with fruit, or with chocolate sauce. Bon appetit!

- 2 eggs, well beaten**
- 1 cup all-purpose flour**
- 1 cup milk**
- 1 tablespoon sugar**
- 2 tablespoons oil**
- 1 teaspoon salt**
- 1 teaspoon vanilla**
- ¼ teaspoon cinnamon**

1. Preheat the Griddle to high.
2. Combine all the ingredients. Mix well with a wire whisk to remove all lumps.
3. Starting at the outside edge of the Griddle and moving toward the center, quickly pour ¼ cup of the batter onto the griddle. Spread the batter as thin as possible with the back of a metal spoon or a small metal spatula so that the entire surface of the Griddle is covered with batter and forms a thin pancake.
4. Cook until browned on the first side, about 1 minute. Lift the edge of the crepe with a knife or spatula and turn.
5. Cook the second side for 50 seconds or until lightly browned.
6. Repeat the process until all the crepes are cooked.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	168
Total Fat	7g
Saturated Fat	1g
Cholesterol	72mg
Sodium	430mg
Carbohydrates	20g
Dietary Fiber	1g
Protein	6g

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Bacon & Eggs on a Biscuit Plate

AMERICAN

PREP: 5 min.

COOK: 8 min.



VARIATIONS:

- Scrambled eggs can be substituted for fried. Crack the eggs into a bowl and pour onto the hot griddle. Scramble with a fork and top with the cheese and bacon. Cook until set and the cheese is melted, about 2 minutes. Divide equally and place onto the wraps. Fold and serve.
- For variety try adding your favorite cheese, chopped vegetables, diced ham, cooked sausage, jam, or tomato sauce.

4 slices bacon

4 eggs

4 slices American Cheese

1 package (4 ounces) crescent rolls, formed into 4 balls

1. Switch the Press on and preheat the Griddle to high.
2. Cook bacon until crisp, about 2 minutes per side. Remove and reserve.
3. Carefully spoon out most of the bacon fat and discard.
4. Crack the eggs onto the Griddle. Top each yolk with a slice of cheese. Cover and cook for 3 to 4 minutes until set.
5. While the eggs are cooking, press each dough ball two or three times holding the press down for 20 to 30 seconds each time, or until they are flattened into 5-inch rounds and nicely browned.
6. Place one piece of bacon on one side of each.
7. Cook 30 to 40 seconds per side until lightly browned and the second side puffs.
8. Carefully separate the eggs with the edge of a spatula. Place each egg in the center of the wrap. Serve flat or folded.

Makes: 4

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	366
Total Fat	27g
Saturated Fat	10g
Cholesterol	249mg
Sodium	885mg
Carbohydrates	12g
Dietary Fiber	0g
Protein	19g



Breakfast Burrito – right
Bacon & Eggs on a Biscuit Plate – page 47

Breakfast Burrito

MEXICAN

SERVING SUGGESTION:

Add salsa before rolling or top with picante sauce if desired.

PREP: 3 min.

COOK: 8 min.



Great pocket meal for breakfast on the go!

- 4 frozen brown-and-serve sausage links, thawed and thinly sliced**
- 2 tablespoons chopped onions**
- ¼ cup chopped green or red bell peppers**
- 6 eggs, well beaten**
- ½ cup grated cheddar cheese or 3 slices American cheese, chopped**
- 1 (1 pound 2 ounce) canister big biscuits, formed into 8 balls**

1. Switch the Press on and preheat the Griddle to high.
2. Press the biscuits 3 or 4 times or until they are flattened into 7-inch rounds and are nicely browned. Set aside while preparing the eggs.
3. Cook the sausage for 2 minutes. Add the onions and peppers and cook for 2 minutes or until browned.
4. Add the eggs and cheese; stir to scramble until set, about 2 minutes.
5. Spoon ⅓ of the filling in the center of each wrap. Fold the bottom up over the filling. Fold one side over and then the other to form an envelope and then roll to enclose the filling. Repeat the process until all the burritos are formed.

Makes: 8

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	328
Total Fat	19g
Saturated Fat	6g
Cholesterol	173mg
Sodium	764mg
Carbohydrates	26g
Dietary Fiber	1g
Protein	12g

Huevos Rancheros

MEXICAN

COOKING TIP:

Place the finished Huevos Rancheros on an oven-proof serving dish and place in the oven to keep warm until they are all made.

SUBSTITUTION:

A Tostada can be used in place of a Corn Tortilla.

PREP: 3 min.

COOK: 10 min.

The traditional version is made with fried eggs. Scrambled eggs can be used if desired.

1 (15 ounce) can refried beans

1 cup salsa

2 teaspoons oil

8 eggs

3 scallions, chopped

½ cup grated cheddar cheese

1 recipe prepared Corn Tortilla, warmed (page 21)

1. Preheat the Griddle to high.
2. Warm the refried beans on the griddle for 2 minutes. Spoon over the tortillas.
3. Warm the salsa for 1 minute and spoon over the beans.
4. Wipe the Griddle clean.
5. Add the oil to the Griddle and heat 30 seconds. Crack the eggs one or two at a time onto the Griddle and cook until set, about 1 minute. Carefully remove with a spatula and place one egg on each. Sprinkle each with scallions and cheese and serve.

Makes: 16

Nutritional Information Per Serving

Serving Size: 2

Nutrient	Per Serving
Calories	276
Total Fat	10g
Saturated Fat	4g
Cholesterol	224mg
Sodium	353mg
Carbohydrates	33g
Dietary Fiber	6g
Protein	14g

50 » Breakfast

Baked Tortilla Wedges Con Queso

MEXICAN

COOKING TIP:

If the weather is damp, the chips may become soft. To refresh, place on a baking sheet in a 350°F oven for a few minutes.

SUBSTITUTIONS:

- Substitute your favorite tortilla.
- Serve with salsa if desired.
- Eliminate the cheese and bake for 10 minutes. The tortillas will be a little crispier, like crackers.

PREP: 2 min.

COOK: 10 min.

This is an excellent use for leftover tortillas. Simply cut, season, and heat. They work just as well as freshly made tortillas.

- 1 teaspoon seasoned salt or popcorn seasoning**
- 1 cup (4 ounces) grated cheddar cheese**
- 1 cup (4 ounces) grated Monterey Pepper Jack cheese**
- 1 recipe prepared Tomato & Pesto Tortillas (page 24)**

1. Cut the tortillas into 8 wedges with a pizza cutter or scissors. Place on a cookie sheet.
2. Sprinkle with the seasoning.
3. Bake in a preheated 350°F oven for 6 minutes. Top with the cheese and continue to bake for 3 minutes or until the cheeses are melted and just starting to brown.

Makes: 48 wedges

Nutritional Information Per Serving

Serving Size: 4

Nutrient	Per Serving
Calories	209
Total Fat	10g
Saturated Fat	5g
Cholesterol	22mg
Sodium	469mg
Carbohydrates	21g
Dietary Fiber	1g
Protein	8g

Cheese-Filled Pocket Calzones

ITALIAN

COOKING TIPS:

- Make Thick Pitas (page 35) ahead and freeze for later use. The recipe can be doubled so make extras when you have time and use them for a quick meal on a busy day.
- This recipe can also be made ahead and refrigerated. Just add a few extra minutes when baking.

PREP: 5 min.

COOK: 8 min.

1 cup (part skim milk) ricotta cheese

4 ounces (part skim milk) grated mozzarella cheese

¼ cup grated Parmesan cheese

1 teaspoon salt

½ teaspoon each: garlic powder, onion powder, and Italian seasonings

2 ounces each: chopped ham, salami, pepperoni or cooked sausage

½ cup tomato sauce, heated

1 recipe prepared Pita Bread (page 35)

1. Cut a slit in the top of each pita and gently pull apart.
2. Combine the cheeses, seasonings, and meat.
3. Fill each pita with ⅓ cup of the filling mixture.
4. Place the filled pitas on a baking sheet. Bake in a preheated 350°F oven for 8 minutes. Spoon about 1 tablespoon of tomato sauce into each pocket before serving.

Makes: 8

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	287
Total Fat	7g
Saturated Fat	4g
Cholesterol	23mg
Sodium	1,084mg
Carbohydrates	40g
Dietary Fiber	2g
Protein	15g



Quesadillas – page 54
Cheese-Filled Pocket Calzones – left

Quesadillas

MEXICAN

SUBSTITUTION:

Use Monterey Jack, ricotta, or con queso salsa dip in place of cheddar dip or fill with refried beans and top with salsa or jalapeno peppers.

VARIATION:

For a low-fat version, substitute low-fat cheese and eliminate the oil and use cooking oil spray. Press and griddle the tortillas as directed in the tortilla recipe. Place filling ingredients on the cooked tortillas and fold. Griddle each for 30 to 40 seconds per side. Place in a 200°F oven and keep warm until all the Quesadillas are ready.

PREP: 5 min.

COOK: 20 min.

An all-time favorite. Great for snacks or as a meal.

¼ cup oil

¼ cup grated cheddar cheese

2 tablespoons chopped green chilies

1 recipe Basic Flour Tortillas (page 18)

1. Prepare the dough for the tortillas. Switch the Press on and preheat the Griddle to high.
2. Press each of the tortillas.
3. Add the oil to the Griddle and heat for 1 minute.
4. Place the cheese and the chilies on one half of the tortilla.
5. Fold and fry each one for 1 minute per side. Drain on absorbent paper towels and place on a cookie sheet in a preheated 200°F oven to keep crisp until all the Quesadillas are ready.
6. Cut in half and serve.

Makes: 12 slices

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	1113
Total Fat	59g
Saturated Fat	15g
Cholesterol	45mg
Sodium	1577mg
Carbohydrates	121g
Dietary Fiber	5g
Protein	27g

54 * Appetizers/Snacks

BBQ Chicken, Bacon, & Cheese Fold-Overs

AMERICAN

PREP: 5 min.

COOK: 10 min.



- 6 slices bacon**
- 1 pound skinless, boneless chicken breasts, cut in 6 thin slices**
- ½ cup ranch dressing**
- ½ cup barbecue sauce**
- 6 (¾ ounce) slices of muenster or Swiss cheese**
- 1 (8 ounce) canister crescent rolls, formed into 6 balls**

1. Switch the Press on and preheat the Griddle to high.
2. Cook the bacon on the Griddle until crisp, about 2 minutes per side. Remove and reserve.
3. Carefully spoon out all but about 1 tablespoon of the bacon fat and discard.
4. Cook the chicken on the Griddle until well browned, about 3 minutes per side.
5. While the chicken is cooking, press each dough ball 2 to 3 times holding the Press down for 20 to 30 seconds each time, or until they form 8-inch rounds and are nicely browned.
6. Combine the dressing and sauce.
7. Spoon the sauce over the chicken and cook 1 minute longer. Top with the reserved bacon and cheese. Cover and cook for 1 minute or until the cheese melts.
8. Place a piece of chicken and bacon on one side of each tortilla and spoon some sauce over the top. Fold and serve.

Makes: 6 servings

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	500
Total Fat	34g
Saturated Fat	11g
Cholesterol	89mg
Sodium	1,032mg
Carbohydrates	18g
Dietary Fiber	1g
Protein	29g

Lunch • **55**



BBO Chicken, Bacon, & Cheese Fold-Overs – page 55

Chicken Parmigiana Fold-Overs



PREP: 2 min.

COOK: 9 min.



Top the chicken with a slice of honey maple ham and a slice of Swiss cheese and a dollop of ranch dressing.

- 2 boxes (18 ounces) frozen, breaded chicken fillets**
- 2 teaspoons oil**
- 1 cup spaghetti sauce**
- 1 tablespoon Parmesan cheese, grated**
- 4 ounces (part skim milk) mozzarella cheese, cut in 6 thin slices**
- 1 (8 ounce) canister crescent roll dough, formed into 6 balls**

1. Switch the Press on and preheat the Griddle to high.
2. Spread the oil on the Griddle and cook the chicken for 2 minutes on each side (in batches).
3. While the chicken is cooking, press each dough ball two or three times holding the Press down for 20 to 30 seconds each time, or until they form 8-inch rounds and are nicely browned.
4. Place two pieces of chicken on one side of each flatbread.
5. Spoon sauce on each and top with the cheese. Fold.
6. Place 2 filled wraps onto the Griddle and cover. Cook for 1 minute until the filling is hot and the cheese is melted. Repeat with remaining wraps.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	450
Total Fat	29g
Saturated Fat	7g
Cholesterol	45mg
Sodium	801mg
Carbohydrates	27g
Dietary Fiber	2g
Protein	22g

Lunch • **57**



Chicken Parmigiana Fold-Overs - page 57

Hoisin BBQ Pork Wraps

ASIAN

PREP: 5 min.

COOK: 5 min.



SUBSTITUTIONS:

- Bean or alfalfa sprouts can be used in place of cabbage.
- Sweet and sour sauce can be substituted for Hoisin sauce if it is not available (eliminate the brown sugar).
- Any tortilla or convenience refrigerator dough can be used in place of the big biscuits. Follow instructions for preparation given in the recipe.

- ¼ cup Hoisin sauce
- 2 tablespoons teriyaki sauce
- ¼ teaspoon garlic powder
- 2 teaspoons dried minced onion
- ¼ cup barbecue sauce
- ¼ cup water
- 1 teaspoon brown sugar
- 1 teaspoon chili powder
- 1 pound lean and trimmed boneless pork, sliced into thin strips
- 1 tablespoon oil
- ½ cup chopped bok choy or cabbage
- 1 (1 lb., 1.3 oz.) canister big biscuits, formed into 8 balls

1. Combine all the ingredients except the oil, cabbage, and dough balls.
2. Switch the Press on and preheat the Griddle to high.
3. Remove the pork from the marinade and reserve the liquid.
4. Cook the pork in the oil 2 minutes per side, or until nicely browned.
5. While the pork is cooking, press each dough ball 2 or 3 times holding the Press down for 20 to 30 seconds each time, or until they form 8-inch rounds and are nicely browned.
6. Add the marinade and cook for 1 minute.
7. Place some cabbage on the wrap and spoon in some of the meat mixture. Roll and enjoy!

Makes: 8 servings

Nutritional Information Per Serving

Serving Size: 1	
Nutrient	Per Serving
Calories	333
Total Fat	16g
Saturated Fat	5g
Cholesterol	34mg
Sodium	973mg
Carbohydrates	30g
Dietary Fiber	1g
Protein	16g



Philly Steak & Cheese Wraps - right
Hoisin BBQ Pork Wraps - page 59

Philly Steak & Cheese Wraps

AMERICAN

PREP: 5 min.

COOK: 7 min.



SUBSTITUTIONS:

Use chicken instead of beef and sweet and sour or barbecue sauce instead of steak sauce.

1/2 pound lean and trimmed sirloin or top round steak, cut in strips

1/4 cup steak sauce

1/2 cup chopped onion

1/2 each red and green bell pepper, thinly sliced

3 (3/4 ounce) slices American or muenster cheese

1 (10 to 12 ounce) canister biscuit dough, formed into 6 balls

1. Switch the Press on and preheat the Griddle to high.
2. Cook the steak for 1 minute per side or until nicely browned. Add steak sauce and stir well to coat. Cook for 1 minute. Remove and reserve.
3. Press each dough ball 2 or 3 times holding the Press down for 20 to 30 seconds each time, or until they form 8-inch rounds and are nicely browned.
4. Cook the onion and peppers for 2 minutes, or until the onions are brown and the peppers are starting to soften. Return the meat to the Griddle and top with the cheese. Cover and cook 1 minute or until the cheese melts.
5. Spoon some of the mixture onto each tortilla and roll.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	286
Total Fat	13g
Saturated Fat	5g
Cholesterol	36mg
Sodium	920mg
Carbohydrates	27g
Dietary Fiber	1g
Protein	15g

Lunch **61**

Honey Ham & Turkey Wraps

AMERICAN

SUBSTITUTION:

Spread with cream cheese and chives or a spread made with soft cheese and chopped vegetables instead of sliced cheeses.

PREP: 5 min.

COOK: 9 min.

3 tablespoons dijon mayonnaise

2 teaspoons ketchup

¼ pound each honey maple ham and turkey

6 (½ ounce) slices Swiss or Monterey Jack cheese

6 (½ ounce) slices cheddar cheese

1 (10 to 12 ounce) canister biscuit dough, formed into 6 balls

1. Switch the Press on and preheat the Griddle to high.
2. Combine the dijon mayonnaise and ketchup.
3. Press each dough ball 2 or 3 times holding the Press down for 20 to 30 seconds each time, or until they form 8-inch rounds and are nicely browned.
4. Spread about 2 teaspoons of the mixture on each of the tortillas.
5. Top with 2 slices each of ham and turkey and 1 slice each of the cheeses.
6. Roll tightly.
7. Place the wraps seam side down on the Griddle. Cover and cook for 1 minute. Turn; cover and cook 1 minute on the second side.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	331
Total Fat	17g
Saturated Fat	8g
Cholesterol	48mg
Sodium	1,309mg
Carbohydrates	26g
Dietary Fiber	1g
Protein	18g

62 * Lunch

Hot Dog & Cheese Wraps

AMERICAN

PREP: 3 min.

COOK: 6 min.



A new twist to an All-American favorite!

COOKING TIP:

The recipe can be doubled but it must be done in two shifts.

VARIATIONS:

- Use a canister of corn breadsticks dough formed into 8 dough balls to make Corn Dog Wraps.
- Add some Sloppy Joe sauce or taco meat on top of the hot dogs before adding the cheese to make Chili Cheese Hot Dog Wraps.

- 4 (2 ounce) hot dogs, cut lengthwise (without separating in two)**
- 2 teaspoons mustard**
- 1 teaspoon ketchup**
- 2 teaspoons relish**
- 4 (¾ ounce) slices American cheese, cut in half lengthwise**
- 1 small (4 ounce) canister crescent rolls, formed into 4 dough balls**

1. Switch the Press on and preheat the Griddle to high.
2. Place the hot dogs, cut side down, onto the Griddle and cook for 2 minutes, or until browned.
3. Turn and cook 2 minutes on the other side.
4. While the hot dogs are cooking, press the dough balls 3 or 4 times (holding down about 10 seconds each time) until the dough is formed into 7-inch rounds and nicely browned.
5. Combine the mustard, ketchup, and relish and spoon some in the center of each hot dog.
6. Top each with cheese and cover. Cook for 30 seconds or until the cheese melts. Place in the wraps.

Makes: 4 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	370
Total Fat	29g
Saturated Fat	12g
Cholesterol	48mg
Sodium	1,217mg
Carbohydrates	14g
Dietary Fiber	0g
Protein	13g



Hot Dog & Cheese Wraps – page 63

Roast Beef & Swiss Ranchers

AMERICAN

PREP: 10 min.

COOK: 8 min.



SUBSTITUTION:

For Mexican-style wraps, use Chili & Herb Tortillas (page 25) and spread the tortillas with con queso salsa instead of the ranch dressing.

- ¼ cup fat-free ranch dressing**
- 3 tablespoons dijon mayonnaise**
- ½ pound deli-style sliced roast beef**
- ½ pound thinly sliced Swiss cheese**
- 1 medium ripe tomato, very thinly sliced**
- ½ cup alfalfa sprouts (optional)**
- 1 (10 to 12 ounce) canister biscuit dough, formed into 6 balls**

1. Switch the Press on and preheat the Griddle to high.
2. Combine dressing and dijon mayonnaise.
3. Press each dough ball 2 or 3 times holding the Press down for 20 to 30 seconds each time, or until they form 8-inch rounds and are nicely browned.
4. Spread 1-2 teaspoons of the mixture over each tortilla (reserve the remaining sauce). Top each with roast beef, cheese, tomatoes, and sprouts. Roll up tightly.
5. Place the wraps onto the Griddle seam side down. Cook for 30 to 40 seconds until hot and lightly browned. Turn and cook on the second side for 30 to 40 seconds.
6. Repeat with the remaining wraps.
7. Serve a dollop of the remaining sauce with each wrap for dipping.

Makes: 6

Nutritional Information Per Serving

Serving Size: 1	
Nutrient	Per Serving
Calories	392
Total Fat	21g
Saturated Fat	10g
Cholesterol	59mg
Sodium	1,257mg
Carbohydrates	29g
Dietary Fiber	1g
Protein	22g

Burritos

MEXICAN

SUBSTITUTIONS:

For a lower fat version, ground chicken or turkey can be substituted for the beef. Any flavor tortilla can be used.

VARIATION:

Chimichangas:

Make recipe as directed. When all of the burritos are rolled, heat 2 tablespoons oil in the griddle. Fry two at a time for 1 minute per side or until nicely browned. Drain on absorbent paper towels and keep warm in a preheated 200°F oven until all the Chimichangas are ready.

SERVING SUGGESTION:

Top with salsa or picante sauce and serve with refried beans and Spanish or saffron rice.

PREP: 5 min.

COOK: 8 min.

- 1 pound lean ground beef**
- 1 (1.3 ounce) envelope Sloppy Joe or Taco seasoning mix**
- 1 (8 ounce) can tomato sauce**
- 1 cup grated cheddar cheese**
- ½ cup shredded lettuce**
- ½ cup chopped tomatoes**
- 1 recipe prepared Chili & Herb Tortillas, warmed (page 25)**

- 1.** Preheat the Griddle to high.
- 2.** Brown the meat for 3 minutes, or until it is no longer pink. Spoon out as much fat as possible.
- 3.** Combine the tomato sauce and seasoning mix and stir into the meat. Cook for 5 minutes.
- 4.** Spoon some of the meat mixture into the center on each of the tortillas. Top with cheese, lettuce, and tomatoes.
- 5.** Fold the bottom of each tortilla over the filling. Fold one side over the filling and then the other to form an envelope. Then roll up to enclose the filling.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	521
Total Fat	22g
Saturated Fat	10g
Cholesterol	74mg
Sodium	1,329mg
Carbohydrates	51g
Dietary Fiber	3g
Protein	28g



Burritos - left

Fajitas

MEXICAN

COOKING TIP:

Prepare a double recipe of tortillas whenever you make them and freeze. They are great for use with any filling and can be reheated from a frozen state in a few minutes. Just wrap in foil and place in a 250°F oven while you are making the filling.

PREP: 7 min.

COOK: 9 min.

Great with chicken, pork, or shrimp in place of the beef.

½ pound thinly-sliced boneless sirloin, or top round steak

1 (1.27 ounce) envelope fajita mix

1 tablespoon ketchup

1 tablespoon Worcestershire sauce

½ teaspoon prepared mustard

½ cup water

½ red and ½ green pepper, cut in strips

1 small onion cut in strips

6 mushrooms, thinly sliced

1 recipe prepared Basic Flour Tortillas (page 18)

1. Combine the seasoning mix, ketchup, Worcestershire sauce, mustard, and water. Add the meat and marinate.
2. Preheat the Griddle to high.
3. Remove the meat from the marinade and reserve the marinade. Cook the meat for 2 minutes per side.
4. Remove the meat from the Griddle and reserve. Add the peppers and onions and cook for 2 minutes. Add the mushrooms and continue to cook until the onions begin to brown, about 2 minutes.
5. Add the reserved marinade and cook 1 minute.
6. Spoon the vegetables and liquid over the meat and stir well to combine.
7. Spoon some of the mixture on each of the tortillas and roll.

Makes: 6

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	322
Total Fat	8g
Saturated Fat	2g
Cholesterol	26mg
Sodium	1,058mg
Carbohydrates	47g
Dietary Fiber	3g
Protein	15g

68 • Main Dish - Beef/Lamb



Fajitas - left

Gyros

GREEK

PREP: 15 min.

COOK: 8 min.



Try this wrap and you'll know why it's a Greek favorite!

COOKING TIP:

Each time you make the pitas, double the recipe and freeze unused portions for later use. Defrost and reheat in a 250°F. oven while you prepare the filling. If you want the breads crispy, place directly on the oven rack, if you like them soft, wrap in foil during reheating.

SUBSTITUTION:

Any of the tortillas or convenience wraps can be used in place of a Pita.

**1 pound sirloin or top round,
cut in thin strips**

**¼ cup prepared fat-free (vinaigrette type)
Italian dressing**

½ teaspoon oregano

1 tablespoon Worcestershire sauce

1 tablespoon oil

1 small onion, chopped

1 clove garlic, crushed

**½ each red and green bell pepper,
thinly sliced**

½ small eggplant, chopped (about 1 cup)

4 mushrooms, sliced

**½ each red and green bell pepper,
thinly sliced**

**1 recipe prepared Pita Bread, warmed
(page 35)**

1. Preheat the Griddle to high.
2. Combine the meat, dressing, oregano, and Worcestershire sauce and let marinate.
3. Cook the onions, garlic, and peppers in the oil until lightly browned, about 2 minutes. Add the eggplant and mushrooms. Cover and cook until they are limp, about 2 minutes. Remove and reserve.
4. Remove the meat from the liquid and reserve the marinade.
5. Cook the meat for 2 minutes per side, or until browned.
6. Add the marinade and heat 1 minute.
7. Remove and pour over the vegetables. Stir well to combine.
8. Spoon into Pitats.

Makes: 8

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	297
Total Fat	6g
Saturated Fat	2g
Cholesterol	38mg
Sodium	579mg
Carbohydrates	41g
Dietary Fiber	2g
Protein	19g

70 • Main Dish - Beef/Lamb

Japanese Teriyaki Steak

ASIAN

SERVING SUGGESTION:

Serve with jasmine rice and Mu Shu Pancakes (see page 44) or any of your favorite flatbreads.

PREP: 10 min.

COOK: 10 min.

- 1 pound lean, trimmed sirloin or top round, cut into thin slices**
- 4 scallions (white part only), sliced**
- 1 clove garlic crushed**
- ½ pound snow peas**
- 1 tablespoon brown sugar**
- 3 tablespoons teriyaki sauce**
- 1 tablespoon Hoisin sauce or ketchup**
- 2 teaspoons cornstarch**

- 1.** Preheat the Griddle to high.
- 2.** Place ½ of meat on the Griddle and sear the meat on both sides, about 1 minute per side. Repeat. Remove to a bowl.
- 3.** Stir fry the scallions and garlic for 1 minute. Add the snow peas and stir fry for 1 minute.
- 4.** Combine the remaining ingredients and add to the vegetables. Cook for 2 minutes or until the sauce begins to thicken.

Makes: 6 servings

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	200
Total Fat	9g
Saturated Fat	3g
Cholesterol	51mg
Sodium	429mg
Carbohydrates	9g
Dietary Fiber	1g
Protein	19g



Japanese Teriyaki
Steak - page 71

Korean Fried Steak

ASIAN

PREP: 8 min.

COOK: 5 min.



SUBSTITUTIONS:

- Pork, chicken, or turkey can be used in place of beef.
- A flour tortilla or pressed convenience wrap is also a good choice for this dish.

SERVING SUGGESTION:

Serve with jasmine rice and a steamed vegetable for a complete dinner.

- 1 pound lean and trimmed top round or sirloin steak, thinly sliced**
- 4 scallions, chopped**
- 1 clove garlic, crushed**
- 3 tablespoons soy sauce**
- 2 teaspoons sesame oil**
- 2 teaspoons brown sugar**
- 1 medium tomato, chopped**
- 1 cup shredded lettuce**
- 1 recipe prepared Pita Bread (page 35)**

1. Preheat the Griddle to high.
2. Place steak onto the Griddle and sear the meat on both sides, about 1 minute per side. Remove to bowl.
3. Stir fry the scallions and garlic for 1 minute or until limp.
4. Combine the soy sauce, sesame oil, and sugar. Add to the scallions and allow the sauce to boil for about 1 minute.
5. Spoon the sauce over the meat and fill the pitas. Top with tomatoes and lettuce.

Makes: 8

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	274
Total Fat	4g
Saturated Fat	1g
Cholesterol	35mg
Sodium	668mg
Carbohydrates	39g
Dietary Fiber	2g
Protein	19g

Main Dish - Beef/Lamb • **73**



Lamb & Cashew Curry – right
Korean Fried Steak – page 73

Lamb & Cashew Curry

INDIAN

PREP: 10 min.

COOK: 7 min.

SUBSTITUTION:

Thinly sliced chicken or beef can be substituted for the lamb; use chicken broth instead of beef and proceed as directed.

SERVING SUGGESTION:

Chapati are generally eaten spread with ghee or yogurt (see page 27 for more information about ghee). The bread is torn apart and used like a shovel or edible plate.

- 1** teaspoon garlic powder
- 2-3** tablespoons curry powder
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ cup beef broth
- 3** tablespoons lemon juice
- 1** pound boneless lamb (from leg), thinly sliced
- 1** small onion, chopped
- 1** cup cashews
- Plain low-fat yogurt or ghee (melted clarified butter) (optional)**
- 1** recipe prepared Chapati (page 27)

- 1.** Combine the first 8 ingredients in a bowl.
- 2.** Preheat the Griddle to high. Spray the Griddle with cooking oil spray.
- 3.** Remove the meat from the marinade and reserve the liquid.
- 4.** Cook the meat for 2 minutes per side, or until nicely browned. Add the onions and cook for 1 minute or until brown.
- 5.** Add the cashews and cook 1 minute. Pour reserved liquid overall, and heat 1 minute. Serve with Chapati.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	462
Total Fat	21g
Saturated Fat	8g
Cholesterol	64mg
Sodium	690mg
Carbohydrates	44g
Dietary Fiber	4g
Protein	25g

Satay Beef with Peanut Sauce

THAI

SERVING SUGGESTION:

Serve as an appetizer over Naan (page 30). Cut each flatbread into quarters and spoon some meat onto each. To eat as a main dish, spoon the meat onto a flatbread and fold.

PREP: 25 min.

COOK: 10 min.

- 1/3 cup coconut milk**
- 1/2 teaspoon dried coriander**
- 3 tablespoons sugar**
- 1 tablespoon red curry paste**
- 1/3 cup Thai fish sauce**
- 12 ounces lean trimmed sirloin steak, cut in 1/2-inch thick strips**
- 1/2 cup spicy Thai peanut satay sauce**

1. Combine all the ingredients except the peanut sauce.
2. Preheat the Griddle to high.
3. Remove the meat from the marinade. Discard marinade.
4. Pan-fry the meat for 2 minutes per side or until well browned.
5. Remove the meat from the Griddle and add the peanut sauce. Heat 30 seconds.
6. Spoon the sauce over the meat.

Makes: 4 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	273
Total Fat	13g
Saturated Fat	4g
Cholesterol	58mg
Sodium	2,046mg
Carbohydrates	15g
Dietary Fiber	1g
Protein	25g

Sautéed Eggplant & Ground Lamb Custard Bake

PREP: 10 min.
COOK: 30 min.

GREEK

SUBSTITUTION:

Substitute beef for lamb and serve over pasta if desired.

- ½ pound ground lamb
- 1 small onion, chopped
- 1 clove garlic, crushed
- 1 teaspoon salt
- ¼ teaspoon cinnamon (optional)
- 1 cup finely chopped eggplant
- 1 cup tomato sauce
- 1 (1.2 ounce) envelope white sauce mix
- ½ cup milk
- 2 eggs
- 3 tablespoons grated Parmesan cheese
- 1 recipe Pita Bread, warmed (page 35)

1. Preheat the Griddle to high.
2. Cook the meat until it begins to brown about 2 minutes.
3. Add the onions, garlic, salt, and cinnamon. Stir and cook for 3 minutes.
4. Move the meat to one side of the Griddle. Add the eggplant and cook 3 minutes, or until the eggplant is limp.
5. Stir the contents of the Griddle. Add the tomato sauce and simmer 2 minutes.
6. Combine the white sauce mix, milk, and eggs and pour it carefully and slowly over the meat. Cut through to allow some of the liquid to reach down into the meat. The majority of the sauce should remain on top of the meat to form a custard layer. Turn the Griddle temperature to medium. Cook for 10 minutes. Cover and cook for 5 more minutes or until the custard is set. Uncover. Turn the Griddle to off and allow to cool for 5 minutes before spooning the casserole into the pitas.

Nutritional Information Per Serving

Serving Size: 1	
Nutrient	Per Serving
Calories	299
Total Fat	8g
Saturated Fat	3g
Cholesterol	74mg
Sodium	1,143mg
Carbohydrates	43g
Dietary Fiber	2g
Protein	14g

Makes: 8

Main Dish - Beef/Lamb • **11**

Thai-Style Ground Beef Filling

THAI

PREP: 25 min.

COOK: 10 min.

Delicious with Chapati (page 27) or any flatbread.

¾ pound lean ground beef

1 small onion, chopped

3 cloves garlic, crushed

1 large tomato, diced

1 teaspoon dried cilantro

¼ cup Thai fish sauce

1 tablespoon curry paste

2 tablespoons sugar

¼ cup coconut milk

1 tablespoon soy sauce

1 tablespoon oyster sauce

COOKING TIP:

There are several types of Thai curry paste: red, yellow, green, and Panang. Each will change the taste of this dish. Try a different one each time you make this dish.

SUBSTITUTIONS:

- Ground chicken, turkey, or pork can be substituted for the beef.
- Sliced meat or left-over chicken or turkey can also be used.

SERVING SUGGESTION:

Try adding some cooked noodles during the last minute of cooking.

1. Preheat the Griddle to high.
2. Cook the ground meat for 3 minutes or until nicely browned.
3. Move the meat to one side of the Griddle and add the onions and garlic; cook for 1 minute.
4. Add the tomatoes and cook 1 minute.
5. Combine the remaining ingredients and add to Griddle. Stir and simmer for 3 minutes.

Makes: 6 servings

Nutritional Information Per Serving

Serving Size: 1

Nutrient	Per Serving
Calories	162
Total Fat	8g
Saturated Fat	4g
Cholesterol	40mg
Sodium	1,215mg
Carbohydrates	8g
Dietary Fiber	1g
Protein	14g

78 • Main Dish - Beef/Lamb

Chicken & Cashews

ASIAN

COOKING TIP:

To lower the fat content of any recipe, spray the Griddle with cooking oil spray and eliminate the oil.

SUBSTITUTIONS:

Pork can be substituted for chicken and peanuts for cashews.

PREP: 10 min.

COOK: 3 min.

- 1 pound skinless, boneless chicken, cut in strips**
- 1 (1 ounce) envelope stir-fry chicken seasoning blend**
- 1 tablespoons soy sauce**
- 2 tablespoons ketchup**
- ⅓ cup water**
- 1 teaspoon honey**
- 1 tablespoon oil**
- ½ cup cashews**
- 1 recipe prepared Mu Shu Pancakes (page 44)**

- 1.** Preheat the Griddle to high.
- 2.** Combine all the ingredients except the oil, nuts, and pancakes.
- 3.** Remove the chicken from the marinade and reserve the marinade.
- 4.** Cook the chicken in the oil 2 minutes per side, or until browned.
- 5.** Add the reserved marinade and the nuts. Stir well. Cook 1 minute, or until the sauce begins to thicken.
- 6.** Serve with the Pancakes.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	352
Total Fat	11g
Saturated Fat	2g
Cholesterol	42mg
Sodium	607mg
Carbohydrates	40g
Dietary Fiber	2g
Protein	22g

Chicken Molé Sauté

MEXICAN

PREP: 5 min.
COOK: 13 min.



SUBSTITUTIONS:

If Molé sauce is not available, substitute 2 tablespoons each peanut butter, unsweetened cocoa, chili powder, chopped raisins, and ½ cup chicken broth. Proceed as directed.

1 pound skinless, boneless chicken breast, cut into 8 pieces

1 (8 ounce) jar Molé fiesta sauce

½ cup salsa

½ cup cooked rice or refried beans

1 (11.5 ounce) canister cornbread sticks, formed into 8 balls

1. Switch the Press on and preheat the Griddle to high. Spray the Griddle with cooking oil spray.
2. Sauté the chicken until golden brown, about 4 minutes per side.
3. Pour the sauce and salsa over the chicken and cook for 5 minutes.
4. While the chicken is simmering, press the dough balls quickly 2 or 3 times until they form 6-inch circles and are nicely browned.
5. Spread 1 tablespoon of rice or refried beans over each flatbread and top with chicken and sauce. Fold and serve.

Makes: 8 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	232
Total Fat	8g
Saturated Fat	2g
Cholesterol	31mg
Sodium	486mg
Carbohydrates	23g
Dietary Fiber	1g
Protein	16g

80 • Main Dish - Chicken

Chicken Primavera

ITALIAN

SUBSTITUTIONS:

- This versatile dish goes well with any of the tortilla recipes.
- Use any combination of your favorite vegetables or use cooked fresh vegetables in place of frozen.

PREP: 5 min.

COOK: 10 min.

An Italian classic combined with a Mexican Flatbread-fusion cooking at its finest.

1 pound skinless, boneless chicken breast, cut in 8 pieces

1 (10 ounce) package frozen vegetable medley, thawed

1 (1.2 ounce) envelope Primavera or Alfredo sauce mix

1¼ cup milk

2 tablespoons Parmesan cheese, grated

4 prepared Basic Flour Tortillas (page 18)

1. Preheat the Griddle to high. Spray the Griddle with cooking oil spray.
2. Cook the chicken for 3 minutes or until nicely browned.
3. Stir in the remaining ingredients. Cook for 7 minutes.
4. Serve with Tortillas.

Makes: 4 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	459
Total Fat	11g
Saturated Fat	3g
Cholesterol	72mg
Sodium	1,192mg
Carbohydrates	53g
Dietary Fiber	3g
Protein	33g



Chicken Primavera – page 81

Chicken Souvlaki

GREEK

PREP: 10 min.
COOK: 6 min.



COOKING TIP:

Prepare the pitas first or ahead and keep warm while preparing the filling.

SUBSTITUTION:

Beef, lamb, pork, or turkey can be substituted for the chicken.

- 3 tablespoons lemon juice
- 2 tablespoons Worcestershire sauce
- ¼ cup water
- 1 teaspoon each: garlic powder and paprika
- ½ teaspoon each: dried parsley, oregano, mint, and basil
- 1 pound skinless, boneless chicken, cut into thin strips
- 1 small onion, chopped
- ½ red bell pepper, chopped
- 6 tablespoons low fat yogurt or sour cream
- 12 spinach leaves
- 6 Pitas, warmed (page 35)

1. Combine lemon juice, Worcestershire, water, and spices. Pour over the chicken.
2. Preheat the Griddle to high. Spray the Griddle with cooking oil spray.
3. Remove the chicken from the marinade and reserve the liquid.
4. Cook the chicken for 3 minutes, stirring to brown both sides. Remove and reserve.
5. Add the onions and peppers, stir and cook for 2 minutes. Pour the reserved liquid over the vegetables and heat for 1 minute. Remove and spoon over the chicken. Stir well.
6. Spread the inside of each Pita with yogurt. Stuff 2 spinach leaves in each and fill with some of the chicken mixture.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	285
Total Fat	3g
Saturated Fat	1g
Cholesterol	43mg
Sodium	558mg
Carbohydrates	42g
Dietary Fiber	3g
Protein	22g

Chicken & Sausage Scarpella

ITALIAN

PREP: 5 min.

COOK: 19 min.

- ½ pound sweet Italian sausage,
cut in 1-inch pieces**
- 1 small onion, chopped**
- 1 clove garlic, crushed**
- 1 pound skinless, boneless chicken,
cut in 1-inch chunks**
- 2 tablespoons lemon juice**
- ½ cup chicken broth**
- 2 tablespoons grated Parmesan cheese**
- 1 teaspoon browning and seasoning sauce**
- 1 (7.5 ounce) canister buttermilk biscuits,
formed into 6 balls**

- 1.** Switch the Press on and preheat the Griddle to high.
- 2.** Cook the sausage for 6 minutes. Add the onions and cook until nicely browned. Add the garlic and chicken and sauté for 8 minutes or until lightly browned. Remove and reserve.
- 3.** While the chicken is cooking, press each dough ball 3 to 4 times or until they are nicely browned.
- 4.** Combine the remaining ingredients and pour onto the Griddle; cook for 3 minutes.
- 5.** Spoon over the chicken and sausage. Serve with flatbread.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	250
Total Fat	9g
Saturated Fat	3g
Cholesterol	58mg
Sodium	595mg
Carbohydrates	19g
Dietary Fiber	1g
Protein	23g

84 • Main Dish - Chicken

Jamaican Jerk Chicken

CARIBBEAN

COOKING TIPS:

- Press and griddle the Roti dough before you start the filling. Keep warm in a 200°F oven until ready to serve.
- Remember a flour tortilla is always a good alternative wrap.

PREP: 10 min.

COOK: 7 min.

- 2 tablespoons dry Caribbean jerk seasonings**
- 1 tablespoon teriyaki sauce**
- 2 teaspoons vinegar**
- 1 teaspoon garlic powder**
- ¼ cup orange juice**
- 1 pound skinless, boneless chicken, sliced in strips**
- 3 scallions, thinly sliced**
- ¼ cup each maraschino cherries and juice**
- ½ cup shredded coconut**
- ½ cup cooked rice**
- 1 recipe Roti (page 37)**

- 1.** Preheat the Griddle to high.
- 2.** Combine the first 6 ingredients and marinate while the Griddle is preheating.
- 3.** Remove the chicken from the marinade and reserve the marinade. Cook 2 minutes per side. Remove chicken from the Griddle and reserve.
- 4.** Add the scallions to the Griddle and cook for 1 minute. Add the cherries, juice, coconut, and reserved marinade. Cook 2 minutes. Pour over the chicken and stir to combine.
- 5.** Spoon some rice onto the wrap, add the chicken mixture, and fold.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	416
Total Fat	12g
Saturated Fat	7g
Cholesterol	63mg
Sodium	984mg
Carbohydrates	54g
Dietary Fiber	2g
Protein	22g



Jamaican Jerk Chicken - page 85

Mixed Mushroom, Peas, & Chicken Sauté

ITALIAN

SERVING SUGGESTION:

Spoon into a pita or onto a tortilla for a delicious dinner.

PREP: 15 min.

COOK: 11 min

- 1 tablespoon oil
- 2 shallots, minced
- 1 clove garlic, crushed
- ¼ cup dry white wine
- 1 tablespoon butter
- ¾ pound skinless, boneless chicken, cut in strips
- 1 portobello mushroom cap, sliced
- 4 mushrooms, sliced
- ¼ cup chicken broth
- 1 (1.2 ounce) envelope Primavera pasta sauce mix
- ¾ cup milk
- 1 cup frozen peas, defrosted

1. Preheat the Griddle to high.
2. Cook the shallots and garlic in the oil for 1 minute or until browned.
3. Add the wine and cook until it is almost evaporated, about 2 minutes.
4. Add the butter and chicken; cook for 2 minutes or until brown.
5. Add the mushrooms and chicken broth and cook for 2 minutes.
6. Combine the sauce mix and milk; pour over the contents of the Griddle. Cook 2 minutes.
7. Stir in the peas and cook 2 minutes.

Makes: 6 servings

Nutritional Information Per Serving

Serving Size: 1	
Nutrient	Per Serving
Calories	169
Total Fat	7g
Saturated Fat	2g
Cholesterol	40mg
Sodium	521mg
Carbohydrates	10g
Dietary Fiber	2g
Protein	15g

Taco Salad

MEXICAN

SERVING SUGGESTION:

Place the cooked taco filling in a bowl and the tortillas in a basket or warmer. Fill small bowls with any or all of the suggested toppings and let everyone make a salad. Also perfect as a lunch or light dinner.

SUBSTITUTIONS:

For a tropical twist, substitute fruit salsa, chopped avocado, chopped mango, and sour cream for onions, tomatoes, and olives.

PREP: 10 min.

COOK: 6 min.

A great do-it-yourself meal.

- ¾ pound ground turkey**
- 1 small onion, chopped**
- 1 (8 ounce) bottle taco sauce**
- 1 (1.25 ounce) envelope taco seasoning**
- ½ cup (2 ounces) grated cheddar cheese**
- ½ cup (2 ounces) grated Monterey Jack pepper cheese**
- ½ cup each chopped red onions, chopped tomatoes, sliced black olives**
- 1 recipe prepared Corn Tortillas (page 21) or Tostadas (page 26), warmed**

1. Spray the Griddle with cooking oil spray.
2. Preheat the Griddle to high.
3. Cook the turkey until it is nicely browned, about 2 minutes.
4. Move the turkey to one side of the Griddle and add the chopped onion; cook for 1 minute or until browned.
5. Stir in the taco sauce and seasoning and simmer for 3 minutes.
6. Spoon some of the meat on each tortilla and top with the remaining ingredients.

Makes: 16 each/8 servings

Nutritional Information Per Serving	
Serving Size: 2	
Nutrient	Per Serving
Calories	277
Total Fat	11g
Saturated Fat	4g
Cholesterol	46mg
Sodium	549mg
Carbohydrates	29g
Dietary Fiber	4g
Protein	16g



Taco Salad – left

Hawaiian Pork & Pineapple

ASIAN

PREP: 10 min.
COOK: 15 min.

COOKING TIPS:

- Make the Tostadas first and keep warm in a 200°F oven. The Tostada recipe makes 10. Cook all 10 and sprinkle the remaining 4 with powdered sugar for a delicious easy snack or dessert.
- Tostadas can also be cooked, cooled, and stored at room temperature in a plastic bag. To re-crisp, place in a preheated 350°F oven for a few minutes.
- Or cook only what you need and freeze the pressed, uncooked Tostadas for another time. Defrost and cook as directed in the recipe.

- 1** tablespoon oil
- ¼** cup cornstarch
- ½** teaspoon each garlic powder, onion powder, and paprika
- 1** pound boneless, lean and trimmed loin pork chops, cut in ½-inch chunks
- 4** scallions (white part only), thinly sliced
- 1** (15 ounce) can pineapple chunks, reserve juice
- 2** tablespoons teriyaki sauce
- 1** tablespoon brown sugar
- 1** tablespoon cornstarch
- ½** cup cooked rice
- 6** prepared Tostadas (page 26)

1. Preheat the Griddle to high.
2. Add the oil to the Griddle.
3. Combine ¼ cup cornstarch and seasonings in a plastic bag. Add the pork and shake well to coat.
4. Carefully place the pork on the Griddle and cook for 10 minutes, or until well browned, turning midway.
5. Remove the meat to a serving dish. Add the scallions to the Griddle and cook 2 minutes, or until limp. Combine the reserved pineapple juice, teriyaki sauce, sugar, and cornstarch and add along with the pineapple to the Griddle. Cook 3 minutes or until the sauce has begun to thicken.
6. Spoon over the meat and stir to combine.
7. Spoon a little rice on each Tostada and top with some of the mixture.

Makes: 6 servings

Nutritional Information Per Serving

Serving Size: 1	
Nutrient	Per Serving
Calories	381
Total Fat	15g
Saturated Fat	3g
Cholesterol	39mg
Sodium	519mg
Carbohydrates	44g
Dietary Fiber	2g
Protein	18g



Hawaiian Pork & Pineapple - left

Pork Stir-Fry & Snow Peas

THAI

SERVING SUGGESTION:

Serve with cooked rice noodles or over any Tortilla.

PREP: 7 min.

COOK: 6 min.

For an "East meets West" meal, wrap a tasty Thai dish in a Mexican Whole Wheat Tortilla (page 20).

- 1 teaspoon chili powder**
- 1 teaspoon garlic powder**
- 1 tablespoon sugar**
- 1 tablespoon lime juice**
- 1 tablespoon white wine**
- 1 tablespoon water**
- 2 tablespoons fish sauce**
- 2 tablespoons soy sauce**
- 2 tablespoons coconut milk**
- 1 pound lean and trimmed boneless pork loin, thinly sliced**
- 4 scallions (white part only), chopped**
- ¼ pound snow peas**

1. Combine the chili and garlic powders, sugar, lime juice, wine, water, fish sauce, soy sauce, coconut milk, and pork.
2. Preheat the Griddle to high. Spray the Griddle with cooking oil spray.
3. Stir-fry the scallions and snow peas for 1 minute. Remove and reserve.
4. Remove the pork from the marinade and reserve the liquid.
5. Cook the pork for 2 minutes per side or until nicely browned.
6. Add the reserved liquid and cook for 1 minute.
7. Spoon over reserved snow peas and stir well.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	142
Total Fat	5g
Saturated Fat	2g
Cholesterol	45mg
Sodium	851mg
Carbohydrates	5g
Dietary Fiber	1g
Protein	17g

Mu Shu Pork

ASIAN

COOKING TIP:

Prepare the pancakes ahead and refrigerate. Wrap in foil and rewarm in a 250°F oven.

SUBSTITUTION:

Chicken can be used instead of pork and snow peas can be used in place of bok choy for a change of pace.

PREP: 15 min.

COOK: 7 min.

- 1 tablespoon oil
- ¼ pound lean and trimmed boneless pork loin, cut in julienne strips
- 1 clove garlic crushed
- 4 scallions (white part only), sliced
- 2 tablespoons soy sauce
- ½ cup bok choy or cabbage, shredded
- 3 eggs, beaten
- ¼ cup chicken broth
- ¼ teaspoon sugar
- 1 recipe Mu Shu Pancakes, warmed (page 44)

1. Preheat the Griddle to high.
2. Stir-fry the pork in the oil for 2 minutes.
3. Add the garlic, scallions, and soy sauce and stir-fry for 1 minute.
4. Add the bok choy and stir-fry for 1 minute.
5. Remove all the food from the Griddle and reserve.
6. Add the eggs and scramble. Before the eggs are fully set, add the broth, sugar, and the reserved ingredients and stir to combine.
7. Spoon into the pancakes and serve.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	259
Total Fat	8g
Saturated Fat	2g
Cholesterol	117mg
Sodium	253mg
Carbohydrates	33g
Dietary Fiber	1g
Protein	12g



Mu Shu Pork – page 93

Caribbean Shrimp

CARIBBEAN

COOKING TIP:

Prepare the bread first and keep warm in a 200°F oven, or make the dough ahead and finish pressing and grilling before you make the filling.

SERVING SUGGESTION:

The rich, nutty taste of Parathas is perfect to take the spicy edge off this dish. Break the bread in half and use it like a shovel to lift the shrimp and soak up the tangy sauce.

PREP: 10 min.

COOK: 6 min.

An island getaway in your own kitchen.

- 2 tablespoons jerk seasoning**
- 2 tablespoons lime juice**
- 1 teaspoon sugar**
- 1 teaspoon garlic powder**
- 2 tablespoons teriyaki sauce**
- 1 pound large shrimp, shelled and deveined**
- 1 tablespoon oil**
- 4 scallions (white part only), sliced**
- 1 (11 ounce) can Mandarin oranges, drained**

1. Combine the seasoning, lime juice, sugar, garlic powder, teriyaki, and shrimp.
2. Preheat the Griddle to high.
3. Cook the scallions in the oil for 1 minute.
4. Remove the shrimp from the marinade and reserve the liquid.
5. Cook the shrimp for 3 minutes or until they are pink. Add the reserved liquid and cook for 1 minute.
6. Carefully stir in the oranges and heat for 30 seconds.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	107
Total Fat	3g
Saturated Fat	0g
Cholesterol	108mg
Sodium	636mg
Carbohydrates	8g
Dietary Fiber	0g
Protein	12g



Caribbean Shrimp - page 95

Fish Wrappers

AMERICAN

PREP: 20 min.

COOK: 13 min.

- 1 pound tuna, swordfish, or shark steak, cut 3/4-inch thick**
- 1/4 cup low-fat balsamic Vinaigrette salad dressing**
- 1 teaspoon Worcestershire sauce**
- 1 teaspoon olive oil**
- 1 teaspoon garlic powder**
- 1 small zucchini, cut into thin slices**
- 2 tablespoons chopped onion**
- 1 medium tomato, chopped**
- 1 teaspoon each chopped fresh parsley, basil, and dill**
- 1 (8 ounce) canister crescent roll dough, formed into 8 balls**

1. Marinate the fish in the dressing for 15 minutes.
2. Combine all the remaining ingredients, except the dough, and allow to stand while the Griddle is preheating.
3. Switch the Press on and preheat the Griddle to high. Spray the Griddle with cooking oil spray.
4. Remove the fish from the marinade and reserve the marinade.
5. Cover and cook the fish for 5 minutes, turn and cook 5 more minutes or until it flakes easily with a fork. Remove.
6. Cook the vegetable mixture on the Griddle for 3 minutes, stirring occasionally.
7. While the vegetables are cooking, press and cook the dough balls and cut the fish into thin slices.
8. Add reserved marinade and sliced fish to the Griddle and heat through.
9. Spoon equal amounts of the fish and vegetables onto each of the wraps and fold over.

Makes: 8

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	188
Total Fat	8g
Saturated Fat	2g
Cholesterol	27mg
Sodium	309mg
Carbohydrates	14g
Dietary Fiber	1g
Protein	15g

Spicy Crab & Coconut Filling

INDIAN

PREP: 5 min.
COOK: 12 min.



An Indian dish that is perfect for dinner, as an appetizer, or for a light lunch with a salad.

- 1 small onion, chopped**
- 1 clove garlic, crushed**
- 1 pound crab meat**
- ¼ cup coconut**
- 1 teaspoon dry mustard**
- 1 tablespoon curry powder**
- ½ teaspoon chili powder**
- 1 tablespoon mayonnaise**
- 2 tablespoons lemon juice**
- 1 (8 ounce) canister buttermilk biscuits, rolled into 8 balls**

- 1.** Spray the Griddle with cooking oil spray.
- 2.** Switch the Press on and preheat the Griddle to high.
- 3.** Press the dough balls 2 or 3 times holding down for 20 seconds each time, until they form 6-inch rounds and are nicely browned.
- 4.** Cook the onion and the garlic for 1 minute.
- 5.** Add the crab meat and the coconut and cook 30 seconds.
- 6.** Combine the remaining ingredients, except the biscuits, and stir into the mixture on the Griddle. Cook for 1 minute.
- 7.** Spoon some of the mixture onto each flatbread. Fold over and serve.

Makes: 8

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	166
Total Fat	4g
Saturated Fat	1g
Cholesterol	44mg
Sodium	448mg
Carbohydrates	17g
Dietary Fiber	1g
Protein	15g



Spicy Crab & Coconut Filling – left

Szechuan Shrimp

ASIAN

PREP: 12 min.
COOK: 5 min.



SERVING SUGGESTION:

Blend two cultures by wrapping this spicy shrimp dish in a Basic Flour Tortilla (page 18). Place a small amount of cooked rice on a tortilla and spoon some shrimp and sauce on top. Fold it burrito style so you don't lose any of that great sauce.

- 2 tablespoons teriyaki sauce**
- 3 tablespoons Hoisin sauce**
- ½ cup water**
- ½ teaspoon cornstarch**
- 1 teaspoon crushed red pepper, or Szechuan peppercorns**
- 1 teaspoon garlic powder**
- 1 pound large shrimp, peeled and deveined**
- 1 tablespoon oil**
- 4 scallions (white part only), thinly sliced**

- 1.** Combine the sauces, water, cornstarch, pepper, garlic powder, and shrimp.
- 2.** Preheat the Griddle to high.
- 3.** Cook the scallions in the oil for 1 minute.
- 4.** Remove the shrimp from the marinade and reserve the liquid.
- 5.** Cook the shrimp for 3 minutes, or until they are pink.
- 6.** Add the reserved liquid and cook until the sauce begins to thicken, about 1 minute.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	103
Total Fat	3g
Saturated Fat	0g
Cholesterol	108mg
Sodium	484mg
Carbohydrates	6g
Dietary Fiber	0g
Protein	12g

100 * Main Dishes - Seafood

Thai Shrimp

THAI

PREP: 12 min.

COOK: 5 min.

The subtle flavor of the Naan blends with the bold flavor of this dish. Whether you spread some cooked rice on the Naan and spoon some of the shrimp and the tasty sauce on top or eat the bread alone, they are a perfect match.

- ½ teaspoon each: cilantro and cumin**
- 1 teaspoon each: chili powder and basil**
- ¼ teaspoon dried lemon grass, optional**
- 1 tablespoon sugar**
- ¼ cup Thai fish sauce**
- ¼ cup coconut milk**
- 1 pound large shrimp, shelled and deveined**
- 3 scallions (white part only), chopped**
- 1 clove garlic, crushed**
- 1 recipe prepared Naan, warmed (page 30)**

- 1.** Combine the seasonings, sugar, fish sauce, coconut milk, and shrimp.
- 2.** Preheat the Griddle to high. Spray the Griddle with cooking oil spray.
- 3.** Cook the scallions and garlic for 1 minute.
- 4.** Remove the shrimp from the marinade and reserve the liquid.
- 5.** Cook the shrimp for 3 minutes, or until they are pink.
- 6.** Add the reserved liquid and cook for 1 minute.
- 7.** Spoon over Naan or use Naan as a scoop.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	329
Total Fat	7g
Saturated Fat	1g
Cholesterol	110mg
Sodium	1,635mg
Carbohydrates	47g
Dietary Fiber	2g
Protein	19g

Four Cheese & Broccoli Pizza

ITALIAN

SUBSTITUTION:

Sprinkle with chopped sun-dried tomatoes, artichoke hearts, or chopped roasted red peppers over the cheese instead of broccoli. Top with mozzarella and proceed as directed.

PREP: 10 min.

COOK: 26 min.

- 1 cup (part skim milk) ricotta**
- ¼ cup grated Parmesan cheese**
- 1 cup (4 ounces) cheddar cheese, grated**
- ½ teaspoon garlic powder**
- ½ teaspoon onion powder**
- 1 teaspoon salt**
- 2 tablespoons pesto**
- 1 cup chopped frozen broccoli, defrosted**
- 8 ounces (part skim milk) mozzarella cheese, sliced**
- 1 recipe Basic Thick Pizza Crust dough (page 34)**

- 1.** Switch the Press on and preheat the Griddle to medium.
- 2.** Cut the dough in half and form into 2 balls.
- 3.** Combine the ricotta, Parmesan, cheddar, garlic powder, onion powder, and salt.
- 4.** Press one of the dough balls quickly once or twice. Turn onto the Griddle. Cover and cook for 5 minutes or until nicely browned. Turn and spread the dough with 1 tablespoon of the pesto. Top with one half of the cheese mixture and then with half of the broccoli and mozzarella. Cover and bake for 8 minutes.
- 5.** Slide the Bread Paddle under the pizza and remove to a plate. Slice into quarters. Serve or keep warm while you repeat the process to make the second pizza.

Makes: 8

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	424
Total Fat	17g
Saturated Fat	9g
Cholesterol	43mg
Sodium	950mg
Carbohydrates	44g
Dietary Fiber	3g
Protein	23g



Four Cheese & Broccoli Pizza – left
Thai-Style Veggies & Tofu Stir-Fry – page 104

Thai-Style Veggies & Tofu Stir-Fry

THAI

SERVING SUGGESTION:

The perfect vegetarian meal! Serve with brown rice wrapped in a Chapati (page 27), or press and cook a convenience wrap while you are making the filling.

PREP: 5 min.
COOK: 15 min.

- 1 tablespoon oil
- 12 ounces firm tofu, drained and cut in cubes
- 4 scallions (white part only), sliced
- 1 clove garlic, crushed
- 1 (16 ounce) package frozen oriental style vegetables, defrosted
- 2 tablespoons soy sauce
- 1-2 teaspoons red curry paste
- 3 tablespoons coconut milk
- 1 tablespoon sugar
- 1 tablespoon oyster sauce
- 3 tablespoons water

1. Preheat the Griddle to high.
2. Cook the tofu in the oil for 1 minute per side, or until browned. Remove and reserve.
3. Cook the scallions and garlic for 1 minute, or until lightly browned.
4. Add the vegetables and stir-fry 2 minutes.
5. Combine the remaining ingredients and add to Griddle.
6. Cover and cook 7 minutes or until the vegetables are tender. Mix with the tofu.
7. Serve with Chapati.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	338
Total Fat	12g
Saturated Fat	5g
Cholesterol	16mg
Sodium	1,110mg
Carbohydrates	47g
Dietary Fiber	4g
Protein	10g

Black Bean Fajitas

MEXICAN

PREP: 10 min.
COOK: 5 min.



COOKING TIPS:

- This recipe can be halved or freeze unused portions.
- To reheat: Place in a casserole dish and cover with picante sauce, top with cheese, and bake in a preheated 350°F oven for about 15 minutes.

SERVING SUGGESTION:

For a non-vegetarian twist, cooked chicken or leftover sliced beef can be added along with the rice and beans.

- ½ red and ½ green bell pepper, cut in strips
- 1 small onion, cut in strips
- 1 (1.27 ounce) envelope fajitas mix
- 1 tablespoon ketchup
- 1 tablespoon Worcestershire sauce
- ½ teaspoon prepared mustard
- ½ cup water
- 1 (16 ounce) can black beans, drained
- ½ cup cooked brown rice
- ½ cup grated cheddar cheese
- ½ cup salsa
- 2 recipes prepared Whole Wheat Tortillas (page 20)

1. Preheat the Griddle on high. Spray the Griddle with cooking oil spray.
2. Cook the peppers and onions for 3 minutes, or until the onions begin to brown.
3. Combine seasoning mix, ketchup, Worcestershire sauce, mustard, water, beans, and rice. Stir well to combine.
4. Add to the vegetables on the Griddle and cook 2 minutes.
5. Spoon the mixture on each of the tortillas. Top with cheese and roll. Serve with salsa.

Makes: 12

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	306
Total Fat	7g
Saturated Fat	2g
Cholesterol	5mg
Sodium	937mg
Carbohydrates	52g
Dietary Fiber	7g
Protein	10g

Mushroom, Onion, Pepper, & Potato Frittata

ITALIAN

SUBSTITUTIONS:

Add your favorite ingredients and subtract those you don't like. Press some convenience dough or wrap it up in Tomato & Pesto Tortilla (page 24).

PREP: 5 min.
COOK: 9 min.



This Italian omelet can be served for breakfast, lunch, or dinner. This recipe has endless possibilities.

- 1 tablespoon olive oil
- 1 medium potato, diced
- 1 small onion, chopped
- 4 mushrooms, sliced
- 1 red or green bell pepper, chopped
- 4 eggs, beaten
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 2 tablespoons Parmesan cheese, grated
- ½ cup (2 ounces) grated Fontina cheese

1. Preheat the Griddle to high.
2. Add oil and cook the potatoes and onions, until lightly browned, stirring occasionally, about 5 minutes.
3. Add the mushrooms and peppers and cook for 2 minutes.
4. Add the garlic powder and salt to the eggs and pour them over the vegetables. Stir up from the bottom until most of liquid is evaporated and the eggs are set, about 1 minute.
5. Sprinkle with the cheeses. Cover and allow the center of the frittata to set and the cheese to melt, about 1 minute.
6. Lift the edge of the frittata up with a table knife and slip the Bread Paddle underneath. Remove to a serving platter.

Makes: 4 slices

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	226
Total Fat	14g
Saturated Fat	5g
Cholesterol	231mg
Sodium	529mg
Carbohydrates	13g
Dietary Fiber	2g
Protein	13g

Portobello Mushroom Pizza

ITALIAN

PREP: 10 min.

COOK: 31 min.

This recipe can be used to top any pizza dough or tortilla.

COOKING TIPS:

- The dough can be made earlier in the day and refrigerated. It can also be frozen. Bring to room temperature or defrost before making the filling.
- Preheat an oven to 250°F when you preheat the griddle to keep the first pizza warm while the second is being prepared.

VARIATIONS:

Double the amount of tomato sauce and add ¼ cup heavy cream along with all of the ingredients in the griddle and you have a delicious, easy pasta sauce.

- 1** tablespoon oil from sun-dried tomatoes, or olive oil
- 1** small onion, chopped
- 1** clove garlic crushed
- 2** portobello mushroom caps (4 ounces) sliced
- 2** tablespoons pesto
- ½** cup chopped sun-dried tomatoes, packed in oil
- 2** tablespoons Parmesan cheese
- ½** cup tomato sauce
- 8** ounces (part skim milk) mozzarella cheese, cut in thin slices
- 1** recipe Basic Thick Pizza Crust dough (page 34)

1. Switch the Press on and preheat the Griddle to medium.
2. Sauté the onions and the garlic in oil for 3 minutes or until nicely browned. Add the mushrooms and sauté for 2 minutes. Remove and reserve.
3. Cut the dough in half and form into 2 balls.
4. Press one of the dough balls quickly once or twice. Turn onto the Griddle. Cover and cook for 5 minutes or until nicely browned. Turn and spread the dough with 1 tablespoon of the pesto. Top with one half of the mushroom mixture, sun-dried tomatoes, Parmesan cheese, sauce, and mozzarella. Cover and bake for 8 minutes.
5. Slide the Bread Paddle under the pizza and remove to a plate. Divide into quarters. Serve or keep warm while you repeat the process to make the second pizza.

Nutritional Information Per Serving

Serving Size: 1 slice	
Nutrient	Per Serving
Calories	693
Total Fat	24g
Saturated Fat	9g
Cholesterol	35mg
Sodium	1,210mg
Carbohydrates	89g
Dietary Fiber	6g
Protein	32g

Makes: 8 slices

Main Dishes - Vegetarian **107**

Roasted Red Pepper, Artichoke, & Sun-Dried Tomato Focaccia Topping

ITALIAN

COOKING TIP:

Make Focaccia ahead and freeze or refrigerate.

PREP: 5 min.
COOK: 7 min.

- 1 (6 ounce) jar marinated artichoke hearts, drained**
- 1 large roasted red pepper, cut into pieces (6 ounces)**
- ¼ cup chopped sun-dried tomatoes, packed in oil**
- 2 tablespoons grated Parmesan cheese**
- 6 ounces (part skim milk) mozzarella or Fontina cheese, sliced**
- 1 prepared Focaccia (page 33)**

1. Switch the Press on and preheat the Griddle to medium.
2. Place the pre-baked dough, with cooked side facing up,* on the Bread Paddle and top with all of the ingredients.
3. Slide onto the Griddle. Cover and bake for 5 to 7 minutes or until the cheese melts and the ingredients are hot. Divide into quarters.

* When making a focaccia for topping, do not spread the second side with oil and cheese, and bake only for 2 minutes. It will cook further when it is topped and heated.

Makes: 4 slices

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	451
Total Fat	22g
Saturated Fat	8g
Cholesterol	27mg
Sodium	1,183mg
Carbohydrates	44g
Dietary Fiber	4g
Protein	21g



Roasted Red Peppers, Artichoke, & Sun-Dried Tomato Focaccia Topping – left
Vegetarian Tostadas – page 110

Vegetarian Tostadas

MEXICAN

PREP: 5 min.

COOK: 2 min.

Use this filling with any tortilla to make Vegetarian enchiladas or burritos.

SUBSTITUTIONS:

- If Mexican rice blend is not available, substitute $\frac{1}{2}$ cup cooked brown rice, 1 (7 ounce) can Mexicorn, 1 cup black beans, $\frac{1}{2}$ teaspoon each cilantro, cumin, garlic powder, and chili powder.
- For a non-vegetarian dish, you can add leftover chicken, pork, beef, sautéed shrimp, or tuna for a change of pace.

1 (16 ounce) package frozen Mexican rice and vegetable blend, defrosted

4 ounces pasteurized process cheese sauce or grated Monterey Pepper Jack cheese

1 cup salsa

$\frac{1}{4}$ cup low fat sour cream

1 recipe prepared Tostadas (page 26)

1. Preheat the Griddle to high.
2. Heat the vegetables, cheese sauce, and the salsa for 3 minutes. Stir well to combine.
3. Spoon over warmed Tostadas and top with a dollop of sour cream.

Makes: 10

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	271
Total Fat	13g
Saturated Fat	4g
Cholesterol	7mg
Sodium	682mg
Carbohydrates	32g
Dietary Fiber	3g
Protein	6g

110 » Main Dishes - Vegetarian

Spinach & Broccoli Fold-Overs

AMERICAN

PREP: 5 min.
COOK: 10 min.



This versatile recipe can also be served as a vegetable side dish or as a light lunch with a salad.

- 1 tablespoon oil**
- 1 small onion, chopped**
- 2 cloves garlic, crushed**
- 1 (10 ounce) package frozen creamed spinach, defrosted**
- ½ of a (10 package) frozen, chopped broccoli, defrosted**
- 2 tablespoons dried mashed potato flakes**
- 1½ teaspoons Garam Masala, or**
- 1 tablespoon curry powder**
- 1 cup (4 ounces) grated cheddar, gouda, or your favorite cheese**
- 1 (8 ounce) canister crescent roll dough, formed into 8 balls**

1. Switch the Press on and preheat the Griddle to high.
2. Cook the onions and garlic in the oil for 1 minute or until nicely browned.
3. Add the vegetables, potato flakes, and Garam Masala and stir well. Cook for 5 minutes.
4. While the filling is cooking, press the dough balls 3 or 4 times, holding down about 10 seconds each time, until the dough is formed into 7-inch rounds and is nicely browned.
5. Spoon about 3 tablespoons of the filling on each dough round. Top with cheese and fold over. Keep the fold-overs warm in a 200°F oven until all are prepared.

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	216
Total Fat	13g
Saturated Fat	5g
Cholesterol	15mg
Sodium	482mg
Carbohydrates	17g
Dietary Fiber	2g
Protein	7g

Makes: 8

Main Dishes - Vegetarian ■■■

BBQ Beef Wraps

AMERICAN

PREP: 5 min.

COOK: 6 min.

A quick 'n easy Southwest favorite.



SERVINGS SUGGESTION:

Top with chopped lettuce, tomatoes, or alfalfa sprouts and spread the cooked wraps with sour cream, onion dip, or salsa con queso before topping with the meat.

2 teaspoons oil

1 medium onion, chopped

1 pound thinly-sliced cooked beef, or pork

1 teaspoon garlic powder

1 tablespoon liquid smoke

1 cup barbecue sauce

1 teaspoon Worcestershire sauce

1 (8 ounce) canister biscuits, formed into 6 balls

1. Switch the Press on and preheat the Griddle to high.
2. Cook the onion in the oil for 2 minutes, or until nicely browned.
3. Add the meat to the Griddle and cook 1 minute.
4. Combine all the remaining ingredients, except the dough balls, and pour over the meat. Cook 3 minutes.
5. While the meat is simmering, press and bake the dough balls.
6. Spoon some of the filling onto each of the wraps. Fold and serve.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	281
Total Fat	7g
Saturated Fat	2g
Cholesterol	64mg
Sodium	694mg
Carbohydrates	24g
Dietary Fiber	1g
Protein	28g

112 * Left-Over Ideas



Sausage, Veggie, & Cheese Omelet - page 114
BBQ Beef Wraps - left

Sausage, Veggie, & Cheese Omelet

AMERICAN

SUBSTITUTIONS:

- Cooked ham, chicken, pork, crumbled bacon, or imitation bacon bits for the sausage.
- Tomatoes, green pepper, or mushrooms for the mixed vegetables.
- Fat-free, cholesterol-free egg product for whole eggs.
- Swiss or muenster for American cheese.

VARIATION:

- Preheat the Press when you preheat the Griddle and press a small canister (4) crescent roll dough balls while the eggs are cooking. Divide the omelet into 4 pieces and wrap.

PREP: 2 min.

COOK: 5 min.



- 1** tablespoon oil
- 4** ounces cooked sausage, chopped
- 2** tablespoons chopped onion
- ½** cup mixed vegetables
- 4** eggs, well beaten
- 2** (¾ ounce) slices American cheese

1. Preheat the Griddle to high.
2. Sauté the sausage and onions in the oil for 3 minutes, or until they are browned. Add vegetables.
3. Pour the eggs over the mixture and stir from the bottom allowing all of the liquid to touch the Griddle and set. Cook until all the eggs are set, about 1 minute. Top with the cheese and continue to cook for 30 seconds.
4. Carefully lift one side of the omelet with a spatula and fold. Cook 30 seconds longer.
5. Using the Bread Paddle, lift out the omelet.

Makes: 2 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	540
Total Fat	45g
Saturated Fat	16g
Cholesterol	480mg
Sodium	983mg
Carbohydrates	10g
Dietary Fiber	2g
Protein	26g

114 • Left-Over Ideas

Chicken Curry

INDIAN

PREP: 10 min.

COOK: 7 min.

Perfect with any of the flatbreads or pressed convenience dough wrap.

VARIATIONS:

- Leftover turkey or beef can be used for this easy to prepare dish.
- Top the curry with any or all of the following: yogurt, brown rice, chopped peanuts, chopped onions, raisins, chutney, coconut, or chopped tomatoes.
- For a change of pace, try this recipe spooned on top of Norwegian Lefse (page 41).

- 1** tablespoon oil
- 1** onion, finely chopped
- 1** medium apple, peeled and cut in chunks
- 6** mushrooms, sliced
- 8** ounces cooked chicken, cut in chunks (about 2 cups)
- 1** (1.8 ounce) envelope white sauce mix
- ½** cup low fat milk
- ½** cup chicken broth
- 1** teaspoon salt
- 1** teaspoon garlic powder
- 2-3** tablespoons curry powder

1. Preheat the Griddle to high.
2. Cook the onion in the oil for 2 minutes or until the onions are nicely browned.
3. Add the apples and cook for 1 minute. Add the mushrooms and cook for 1 minute.
4. Stir in the chicken and cook 1 minute.
5. Combine the mix, milk, broth, salt, garlic powder, and curry powder; pour over the chicken mixture.
6. Cook 2 minutes or until the sauce has thickened.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	164
Total Fat	7g
Saturated Fat	2g
Cholesterol	33mg
Sodium	782mg
Carbohydrates	12g
Dietary Fiber	2g
Protein	15g

Chicken Enchiladas

MEXICAN

COOKING TIP:

Make 2 batches of tortillas and freeze one for future use. If you are freezing the tortillas, press them but do not bake. Allow to cool and place in a zipper-type freezer bag. When you are ready to use, defrost and heat the Press and Griddle to high. Press the tortilla 2 or 3 times and then griddle 1 minute per side. Keep warm while making the filling.

PREP: 5 min.

COOK: 20 min.

- 2 cups (8 ounces) chopped, cooked chicken**
- 3 ounces cream cheese**
- 2 teaspoons minced dried onion**
- ½ teaspoon garlic powder**
- 1 (7 ounce) can chopped green chilies, drained**
- 1 cup (4 ounces) grated cheddar cheese**
- ½ cup (2 ounces) grated Monterey Jack cheese**
- ½ cup (2 ounces) grated cheddar cheese**
- 1 (15 ounce) can enchilada sauce**
- 1 recipe prepared Chili & Herb Tortilla (page 25)**

1. Preheat an oven to 350°F.
2. Combine the chicken, cream cheese, onion, garlic powder, chilies, and first two cheeses. Spoon about ¼ cup of filling into the center of each tortilla. Roll.
3. Cover the bottom of a baking dish with a little of the enchilada sauce. Place the enchiladas into the dish, seam side down, top with the remaining sauce and cheese and bake for 20 minutes or until the cheese melts and begins to brown.

Makes: 6

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	611
Total Fat	34g
Saturated Fat	17g
Cholesterol	110mg
Sodium	1,238mg
Carbohydrates	48g
Dietary Fiber	3g
Protein	28g

116 • Left-Over Ideas



Chicken Enchiladas – left

Chicken & Vegetable Alfredo

ITALIAN

PREP: 5 min.

COOK: 9 min.



SUBSTITUTION:

Turkey can be substituted for the chicken.

SERVING SUGGESTIONS:

- Add some grated Swiss cheese to the sauce or sprinkle it over the mixture before folding the wraps.
- Chopped tomato can also be added with the vegetables.

- 1 tablespoon oil
- 1 small onion, chopped
- 1 cup mushroom slices
- 2 cups cooked chicken, cut into ½-inch cubes
- 1 (9 ounce) package frozen vegetables in Alfredo or cheese sauce
- ½ cup milk
- ¼ cup Parmesan cheese, grated
- 1 (1 pound 2 ounce) canister big biscuits, formed into 8 balls

1. Switch the Press on and preheat the Griddle to high.
2. Sauté onions in the oil for 2 minutes, or until lightly browned.
3. Add mushrooms and cook 2 more minutes.
4. Add the chicken, vegetables, milk, and cheese; cook 5 minutes.
5. While the filling is cooking, press the dough balls several times until they form 8-inch rounds and are nicely browned.
6. Spoon filling onto bread. Fold and serve.

Makes: 8

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	323
Total Fat	15g
Saturated Fat	4g
Cholesterol	31mg
Sodium	799mg
Carbohydrates	30g
Dietary Fiber	2g
Protein	18g

118 Left-Over Ideas

Blueberry Cheesecake Blintzes

AMERICAN

PREP: 10 min.

COOK: 10 min.



SUBSTITUTIONS:

- Vanilla pudding with additional blueberries or some blueberry jam can be substituted for the cheesecake filling.
- Blueberry pie filling can be spooned over the blintzes.
- Cherries or strawberries can also be used.

- 1 (14 ounce) package (4 containers) blueberry cheesecake snacks
- 2 tablespoons powdered sugar
- ½ cup whipped topping or sour cream
- ½ cup fresh or frozen blueberries, thawed
- 1 (8 ounce) canister crescent rolls

1. Preheat the Press.
2. Form the crescent rolls into 8 dough balls and press 3 or 4 times, holding the Press closed for 20 to 30 seconds each time, until they are flattened into 7-inch rounds and nicely browned.
3. Spoon ½ of a container of the blueberry cheesecake snack into the center of each dough round. Fold the bottom up over the filling. Fold one side over and then the other to form an envelope and then roll to enclose the filling. Repeat the process until all the blintzes are formed.
4. Sprinkle liberally with powdered sugar and top with whipped topping or sour cream and sprinkle with blueberries.

Makes: 8

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	197
Total Fat	9g
Saturated Fat	3g
Cholesterol	5mg
Sodium	280mg
Carbohydrates	27g
Dietary Fiber	1g
Protein	3g



Sauteed Apricot-Glazed Apples - right
Blueberry Cheesecake Blintzes - page 119

Sautéed Apricot-Glazed Apples

AMERICAN

PREP: 5 min.

COOK: 7 min.

Great served over folded Basic Dessert Crepes (page 45).

COOKING TIP:

When time is short try pressing a canister of crescent roll dough while you are preparing the apples.

SUBSTITUTION:

Fresh peach or pear slices can be substituted for apple. The fruit should be slightly underripe.

SERVING SUGGESTION:

Pour over frozen ice cream filled crepes, or use as a filling for warm Basic Flour Tortillas and sprinkle with powdered sugar.

2 tablespoons butter

4 tart cooking apples, peeled and thinly sliced

3 tablespoons water

2 tablespoons apricot jam

2 tablespoons pancake syrup

1 tablespoon brown sugar

1 teaspoon cinnamon

1. Preheat the Griddle to high.
2. Sauté the apples in the butter for 2 minutes. Add the remaining ingredients and sauté for 5 minutes, or until the apples begin to glaze.

Makes: 6 servings

Nutritional Information Per Serving	
Serving Size: 1	
Nutrient	Per Serving
Calories	127
Total Fat	4g
Saturated Fat	2g
Cholesterol	10mg
Sodium	48mg
Carbohydrates	25g
Dietary Fiber	2g
Protein	0g

Chocolate Tortillas

MEXICAN

SERVING SUGGESTIONS:

- Spoon ¼ cup vanilla pudding in the center of each tortilla and fold. Dust with powdered sugar. Spoon cherry or other pie filling over each one and top with whipped topping.
- Place ¼ cup ice cream in the center of each tortilla and spread it out to within 1 inch of the edges. Roll. Freeze for later use or top with caramel or fudge sauce, whipped topping, and chopped nuts. Enjoy!

VARIATION:

Chocolate Tostadas: Make tortillas as directed above. Do not sprinkle with sugar. Heat 2 tablespoons of oil in the griddle for 1 minute. Fry each tortilla for 30 to 40 seconds per side. Drain on absorbent paper towel. Keep crisp in a 350°F oven until all the tostadas are made. Sprinkle liberally with powdered sugar.

Nutritional Information Per Serving

Serving Size: 1	
Nutrient	Per Serving
Calories	274
Total Fat	5g
Saturated Fat	3g
Cholesterol	12mg
Sodium	484mg
Carbohydrates	51g
Dietary Fiber	2g
Protein	7g

122 • Desserts

PREP: 25 min.

COOK: 10 min.

A favorite with chocolate lovers!

- 2½ cups all purpose flour**
- 1 teaspoon salt**
- ½ teaspoon baking powder**
- 3 tablespoons sugar**
- 2 tablespoons unsweetened cocoa**
- 2-3 tablespoons melted butter**
- ¾ cup low fat milk**
- 2 tablespoons powdered sugar**

1. Combine flour, salt, baking powder, sugar, and cocoa.
2. Combine the melted butter and milk; stir into the flour mixture until the dough forms a ball.
3. Turn out onto a lightly-floured board and knead for 1 minute. The dough should be soft but not sticky.
4. With floured hands, form the dough into 6 equal size balls. Cover with plastic wrap and allow to stand for 20 minutes.
5. While the dough is resting, switch the Press on and preheat the Griddle to high.
6. Press each dough ball quickly 3 or 4 times until the dough is flattened into 8-inch rounds.
7. Cook 30 to 40 seconds per side until lightly browned and the second side puffs.
8. Repeat the process until all the tortillas are cooked. Place the prepared tortillas in a 200°F oven or wrap in foil to keep warm.
9. Sprinkle liberally with powdered sugar.

Makes: 6

Customer Service

Call our toll-free customer service numbers. Please note the model, type, and series number on the bottom of the flatbread maker, or have the flatbread maker close by when you call. This will help us answer your questions.

In USA: 1-800-851-8900

In Canada: 1-800-267-2826

Web Site Address: www.hamiltonbeach.com

Keep this number for future reference!

TWO YEAR LIMITED WARRANTY

Hamilton Beach/Proctor-Silex, Inc. warrants this appliance to be free from defects in material and workmanship for a period of two (2) years from the date of original purchase, except as noted. There is no warranty with respect to the following, which may be supplied with this appliance: glass parts, glass containers, cutter/strainer, nonstick soleplate and/or nonstick cooking surfaces. This warranty extends only to the original consumer purchaser and does not cover damage from abuse, neglect, use for commercial purposes, or any other use not found in the printed directions. HAMILTON BEACH/PROCTOR-SILEX, INC. EXPRESSLY DISCLAIMS ALL RESPONSIBILITY FOR CONSEQUENTIAL DAMAGES OR INCIDENTAL LOSSES CAUSED BY USE OF THIS APPLIANCE.

Some states or provinces do not allow this exclusion or limitation of incidental or consequential losses, so the foregoing disclaimer may not apply to you. If you have a claim under this warranty, DO NOT RETURN THE APPLIANCE TO THE STORE! Please call our CUSTOMER SERVICE NUMBER. (For faster service please have model and serial numbers ready for operator to assist you.)

In the U.S. 1-800-851-8900

In Canada 1-800-267-2826

This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state, or province to province.